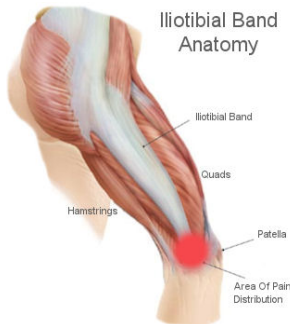


# INJURY PREVENTION AND RECOVERY:

## *IT BAND SYNDROME*

### AREA OF PAIN – IT BAND SYNDROME:



- Pain manifests itself on the outside of the knee
- Pain generally begins a set distance into a run – feeling okay for a mile or two but then progressively stiffens the longer the run. Sometimes appears suddenly as a sharp pain.
- Pain typically hurts more going downhill.

### PLAN FOR RECOVERY

- Dealing with injury requires a commitment to the recovery process.
- Part of the recovery process is strengthening the muscles, tendons & ligaments that are weak. These weak areas are the reason the injury occurred in the first place. Do not expect to fully recover by simply resting. Strengthening the body is a critical step in returning to full training.
- Continue Specific strength exercises two weeks after the injury is fully healed.
- **Attend practice DAILY and fill out an Injury Worksheet for Stage 1, 2, or 3 recovery.**

### STAGE 1

#### **3 DAY RECOVERY PLAN**

INJURY PREVENTION

### STAGE 2

#### **6 DAY RECOVERY PLAN**

INJURY ON-SET

### STAGE 3

#### **8 DAY RECOVERY PLAN**

INJURY RECOVERY

*\*ROUTINES LISTED ON THE BACKSIDE*

# INJURY PREVENTION AND RECOVERY:

## IT BAND SYNDROME

### ABS "A"

1. Heel Touch Crunches (1min)
2. Side Heel Touches (1min)
3. Regular Plank (1min)
4. Straight Leg Lifts (1min)
5. Mummies (1min)
6. Bicycle Crunches (1min)

### FORM DRILLS

1. "A" Walks (30sec)
2. "A" Skips (1min)
  
4. Pacers "A" (1min)  
(High Knees 180 step per min)
5. Pacers "B" (1min)  
(Butt Kickers 180 step per min)
6. Ground Runners (1min)  
(Arm Swings 180 per min)

### MASSAGE / FOAM ROLLER

Massage or Foam Roll the Hamstring and Quad deeply focusing on areas that feel tight. Do not foam roll directly over the IT Band

### ABS "B"

1. "V" Sits – Runners (30sec)
2. Supermans (1min)
3. "V" Sits - Flutter Kicks (30sec)
4. Reverse Plank (1min)
5. "V" Sits - Scissor Kicks (30sec)
6. Bent-Arm Side Plank (45sec each)
7. Side-winder Sit-Ups (1min)

### GENERAL STRENGTH

1. Forward Lunges (Alternating) (1min 30sec)
2. Single Leg Bridges (Left, then Right) (45sec each)
3. Straight Leg Clams (Left, then Right) (45sec each)
4. Calf Raises (Left, the Right) (45sec each)

### ICING

Ice the outside of the knee for 7-10min. Avoid having ice directly touch the skin.

**If any of the exercises listed cause an increase in your pain, stop immediately and talk to your coach before continuing.**

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### SPECIFIC STRENGTH

The following are specific exercises to help strengthen the weak area associated with IT Band Syndrome:

	<u>DAYS 1-3</u>	<u>DAYS 4-6</u>	<u>DAYS 7-9</u>
1. Donkey Kicks (left, then right)	45 sec each	60 sec each	75 sec each
2. Back Leg Raises (left, then right)	45 sec each	60 sec each	75 sec each
3. Hip Dips	2 sets of 20 reps	2 sets of 30	3 sets of 30
4. Shallow Knee Bend (L then R)	45 sec each	60 sec each	75 sec each
5. Side-lying Abduction Lifts	2 sets of 20	2 sets of 25	2 sets of 30
6. Arms Overhead Stretch			