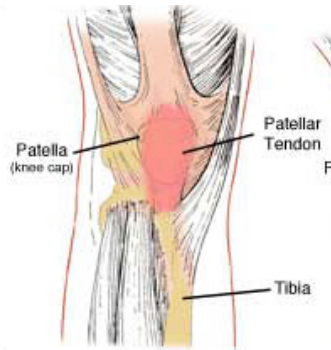


INJURY PREVENTION AND RECOVERY:

PATELLAR TENDONITIS

AREA OF PAIN – PATELLAR TENDONITIS:



- Pain manifests itself behind/below the knee
- Pain hurts more going downhill or descending stairs
- Can feel like a stiffness at the beginning of a run but feels less noticeable late in a run.

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:

PATELLAR TENDONITIS

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)
3. Bound Ups (Uphill) (1min 30sec)
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 Quad and Calf deeply focusing on areas that feel tight.

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

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)
5. Hip Dips (Left, the Right) (45sec each)

ICING

Ice the front of the knee focusing on the lower part of the knee for 7-10min. Avoid having ice directly touch the skin.

SPECIFIC STRENGTH

The following are specific exercises to help strengthen the weak area associated with Patellar Tendonitis:

	<u>DAYS 1-3</u>	<u>DAYS 4-6</u>	<u>DAYS 7-9</u>
1. One Legged Decline Squat	3 x 15	3 x 15 (twice/day)	3 x 15 (three/day)
2. Back Leg Raises (left, then right)	45 sec each	60 sec each	75 sec each
3. One-side Lunges (left, then right)	45 sec each	60 sec each	75 sec each
4. Shallow Knee Bend (L then R)	45 sec each	60 sec each	75 sec each