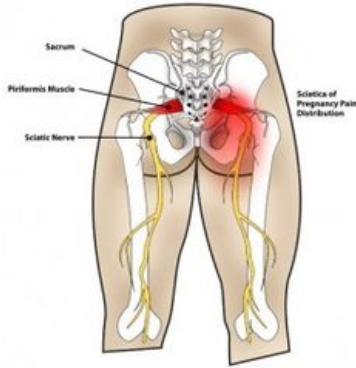


# INJURY PREVENTION AND RECOVERY:

## *PIRIFORMIS SYNDROME*

### AREA OF PAIN – PIRIFORMIS SYNDROME:



- Pain can feel like an aching or burning pain that radiates from the glute downwards.
- Pain will often get worse with sitting or squatting.
- Pain will likely get worse as you go faster. Careful/slow return to higher intensity running as symptoms improve.

### PLAN FOR RECOVERY

- Dealing with injury requires a commitment to the recovery process.
- Attend practice DAILY and follow the Stage 1 or Stage 2 plans for recovery.
- Cross train daily with activities approved by your coach.

### STAGE 1 – PREVENTION OR ON-SET

#### **MONDAY, WEDNESDAY, FRIDAY**

- 2 x Ab Routines “A”
- 1 x General Strength
- 1 x Specific Strength
- Massage / Foam Roller

#### **TUESDAY, THURSDAY, SATURDAY**

- 2 x Ab Routine “B”
- 1 x Form Drills
- 1 x Specific Strength
- Ice

#### **RUNNING MINUTES**

DAYS 1,2,3 – Warm-up, Plyos, 5-10min run (easy pace)

DAYS 4,5,6 – Warm-up, Plyos, 15-20min run (easy pace)

→ **AFTER THE 6 DAYS** report to the Coaches on the progress of your injury. Get cleared to return to full training or to begin an every other day cross training plan (using one of the 5 team stationary bikes).

**\*ROUTINES LISTED ON THE BACK**

### STAGE 2 – FULL INJURY

#### **MONDAY, WEDNESDAY, FRIDAY**

- 2 x Ab Routines “A”
- 1 x Form Drills
- 1 x General Strength
- 1 x Specific Strength
- Massage / Foam Roller

#### **TUESDAY, THURSDAY, SATURDAY**

- 2 x Ab Routine “B”
- 1 x Form Drills
- 1 x General Strength
- 1 x Specific Strength
- Ice

#### **RUNNING MINUTES**

DAYS 1,2,3 – Warm-up, Plyos

DAYS 4,5,6 – Warm-up, Plyos, 5-10min run (easy pace)

DAYS 7,8,9 – Warm-up, Plyos, 15-20min run (easy pace)

→ **AFTER THE 9 DAYS** report to the Coaches on the progress of your injury. Get cleared to return to full training or to begin an every other day cross training plan (using one of the 5 team stationary bikes).

# INJURY PREVENTION AND RECOVERY:

## *PIRIFORMIS 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)

### 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)

### 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)

### 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)

### MASSAGE / FOAM ROLLER

Massage the glute and hip socket area. A tennis ball can be a great tool for massage.

### ICING

Ice the glute 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.**

### SPECIFIC STRENGTH

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

	<u>DAYS 1-3</u>	<u>DAYS 4-6</u>	<u>DAYS 7-9</u>
1. Glute Bridge	2 x 45 sec	2 x 60 sec	2 x 75 sec
2. Diagonal Alternating Lunges	60 sec	90 sec	90 sec
3. Piriformis Stretch (Left, then Right)	2 x 20 sec	2 x 30 sec	2 x 30 sec
4. Side-lying Bent Knee Clams (L,R)	2 x 10 reps	2 x 15 reps	2 x 20 reps
5. Hip Extension (L,R)	2 x 10 reps	2 x 15 reps	2 x 20 reps
6. Resistance Band Abduction (L,R)	2 x 15 reps	2 x 20 reps	2 x 25 reps