

# LIFT



## TENDINOPATHY PROTOCOL

(MOST COMMON IN THE TIBIALIS ANTERIOR/POSTERIOR [SHIN SPLINTS], PERONEALS, ACHILLES, QUADS AND HAMSTRINGS)



[INFO@LIFTTRAINING.CA](mailto:INFO@LIFTTRAINING.CA)

**IMMEDIATE CARE**

**See physiotherapist**

**Assess muscular strength/capacity and movement patterns**

**Strengthen and build capacity in affected region**

**Tendinopathies develop over time from weakness/overuse to the muscle-tendon unit**

Rehabilitation timelines vary depending on severity of symptoms, tissue affected and demands of sport. Injury will be graded and return to play timelines will be discussed.

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