

LIFT



TENDINOPATHY PROTOCOL

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



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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