

# 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.

Phone: 604.314.4048 Email: [info@lifttraining.ca](mailto:info@lifttraining.ca)  
3082 Spring Street (Left Side Door) Port Moody, BC

**[LiftTraining.ca/soccer](https://LiftTraining.ca/soccer)**