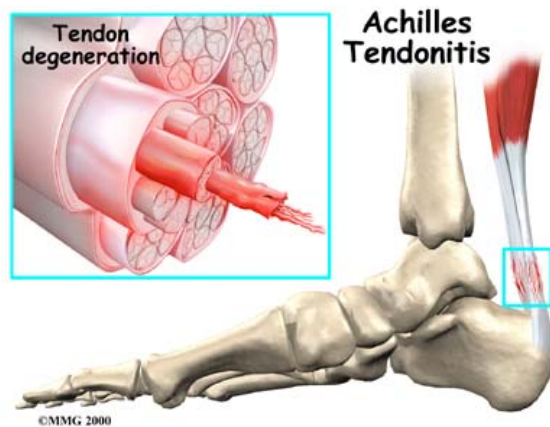


Overuse Injury Care (Tendonitis)

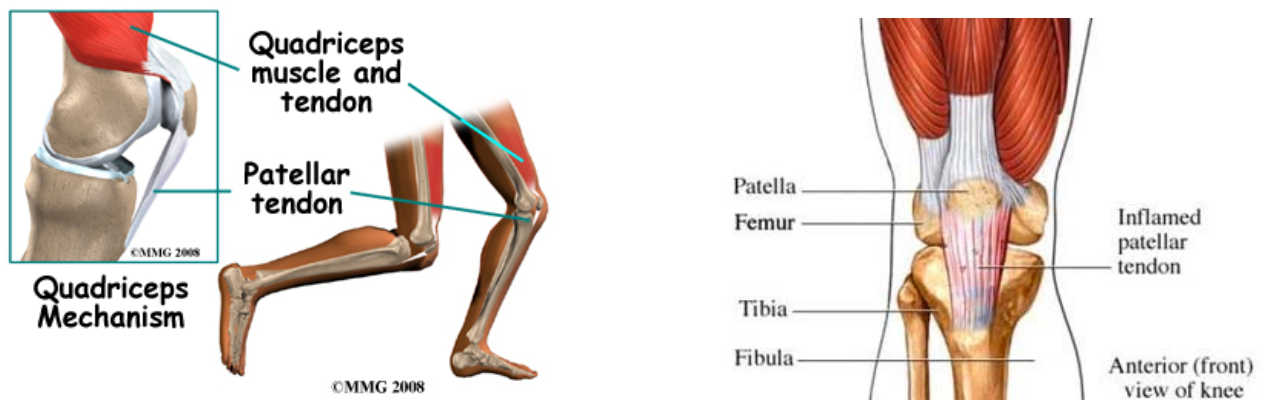
Overuse injuries such as tendonitis build up over long periods of stress. Examples of chronic overuse injuries include Achilles tendonitis, patellar tendonitis, and plantar fasciitis. It is very important to identify these areas early to avoid long term injury situations.

Warning Signs & Risky Locations

➤ Achilles Tendonitis



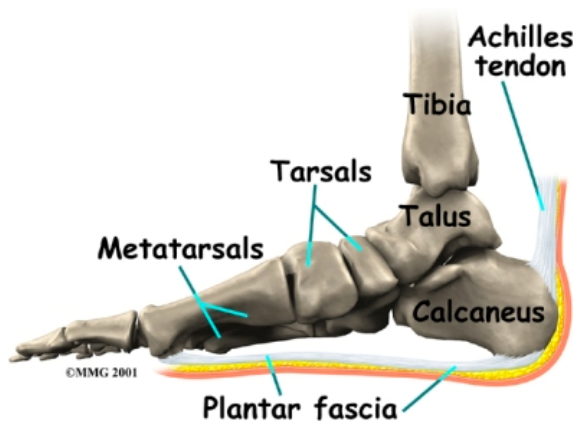
➤ Patellar Tendonitis (Runners Knee)



Overuse Injury Care (Tendonitis)

Warning Signs & Risky Locations

➤ Plantar Faciitis



Signs & Symptoms

Pain lasting longer than 2 days or persisting from one activity session into another in any one of these sites is potentially a tendonitis and should be treated immediately to avoid a chronic long term condition. Avoid the “we thought it would go away on it’s own” mistake. Do not try to “work through” tendonitis or you can expect it to become a long term problem. It can also lead to a weakening of the tendon and then possible rupture can occur requiring surgery.

Prevention

In a recent study an ACL injury prevention program warm-up demonstrated a 60% decrease in overuse tendon injuries. Although not entirely preventable, steps should be taken to reduce the factors associated with potential causes.

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Overuse Injury Care (Tendonitis)

Prevention, continued

- Proper cleats: A worn out cleat or indoor shoe will not provide the proper support and cushioning required to decrease the stress on the body. Cleats should have good shock absorbency and provide stability. Indoor shoes should have a soft, shock absorbent sole. Heel lifts or cushioned insoles can be placed in the cleats or shoes. This is important in our Prairie climate with hard terrain including early season perma-frost underground and often little grass on top. Sometimes foot orthotics are also required - the softer high density foam orthotics are typically most effective.
- Proper warm-up: From a soccer perspective, a pre-training and pre-game stretching, strengthening, and a soccer-specific movement routine is important. "Warm" muscles, joints, and tendons are more flexible. The Sherwood Park Sports Physiotherapy Injury Prevention Warm up is ideal for this.



- Know the location of the pain. Pain in the muscle belly and not at the tendon attachment, which resolves within 48 hours, is due to muscular breakdown and recovery. If it does not resolve and is noted at the tendon attachment, it may be injury-related and can become a tendonitis if not treated.

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Overuse Injury Care (Tendonitis)

Prevention, continued

- You may consider using proper “running” shoes for warm-up or early season training to help avoid localized stress on the lower extremity tissues. Switch into soccer shoes after the warm-up or after fitness training.
- Proper cool-down: Following activity or sports participation, cooling down with gentle exercise and painfree stretching is essential.

Taping and Bracing

There are numerous taping techniques for tendonitis and an athlete should see a therapist at Sherwood Park Sports Physiotherapy to discuss different individual options. Taping and/or bracing can be an effective adjunct to rehab and help with athletes returning to sport.

Kinesio Taping is one technique which can be useful:



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Overuse Injury Care (Tendonitis)

Taping and Bracing, continued

Braces:



Medications

Medications are often prescribed to decrease pain and inflammation. You should always consult your doctor before taking any new medications. NSAIDs like Aspirin, Ibuprofen, Advil, or Aleve are often used with tendonitis and overuse injuries.

Sleep & Recovery

Growth hormone, which is critical for injury recovery, is released during stage 3 of sleep. Getting the proper amount of sleep is important for injury recovery. Stage 3 of sleep generally occurs between hours 4-6. Be aware of this following the first night of icing.