

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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