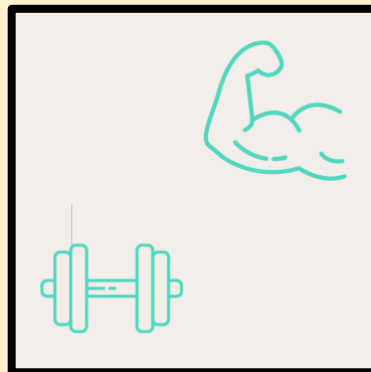


# Lower Extremity Tendinopathy

## STRENGTH GOALS & TREATMENT TIPS



### General Lower Body Strength Goals

- **Back Squat:** 1RM at 1 to 1.5x body weight (athlete)
- **Goblet Squat:** 8-10 reps with 20-40lbs (active adult)
- **Deadlift:** 1RM at 1.5-2x body weight (athlete)
- **Single leg deadlift:** 8-10 reps at 15-45lbs (active adult)

\*Keep pain < 4/10 for all loading!

\*\*Early Treatment: NO Stretching! Could use long hold Isometrics if needed (e.g., 3-6 sets of 30-45 second holds)

\*\*\*Can use strength goals as criteria for starting “return to run” progressions or beginning plyometric training

	<u>Strength/Loading Goals (Athlete)</u>	<u>Strength/Loading Goals (Active Adult)</u>
<b>Achilles’ Tendon/ Plantar Fascia</b>	<p><b>Standing single leg calf raise:</b></p> <ul style="list-style-type: none"> <li>• 30 reps at body weight</li> <li>• 3x8-10 at 1/3 to 1/2x body weight (dumbbell/kettlebell)</li> </ul> <p><b>Power Goal:</b></p> <ul style="list-style-type: none"> <li>• 20-30 reps single leg hops: equal efficiency R vs. L</li> </ul>	<p><b>Standing single leg calf raise:</b></p> <ul style="list-style-type: none"> <li>• 20 reps at body weight</li> <li>• 3x8-10 at 20-45lbs (dumbbell/kettlebell)</li> </ul>
<b>Posterior Tibialis Tendon</b>	<p><b>Standing single leg calf raise:</b></p> <ul style="list-style-type: none"> <li>• Same as Achilles’ tendon (see above)</li> </ul> <p><b>Resisted Plantarflexion/Inversion (cable weight or Theraband)</b></p> <ul style="list-style-type: none"> <li>• 3x10-15 at 5lbs cable weight or heavy band</li> </ul> <p><b>Neuromuscular Control:</b></p> <ul style="list-style-type: none"> <li>• Can do arch lift (“short foot”) and maintain in stand, squat, etc.</li> </ul>	<p><b>Standing single leg calf raise:</b></p> <ul style="list-style-type: none"> <li>• Same as Achilles’ tendon (see above)</li> </ul> <p><b>Resisted plantarflexion/Inversion (cable weight or Theraband)</b></p> <ul style="list-style-type: none"> <li>• 3x10-15 at medium resistance Theraband</li> </ul> <p><b>Neuromuscular Control:</b></p> <ul style="list-style-type: none"> <li>• Able to perform arch lift in sitting and standing</li> </ul>

# Lower Extremity Tendinopathy

<p><b>Patellar Tendon</b></p>	<p align="center"><u>Strength/Loading Goals (Athlete)</u></p> <p><b>Single leg squat:</b></p> <ul style="list-style-type: none"> <li>• 3x5-10 reps to 90 degree surface with minimal UE assist</li> </ul> <p><b>Rearfoot elevated split squat:</b></p> <ul style="list-style-type: none"> <li>• 3x8-10 reps at 1/3 body weight</li> </ul> <p><b>Open chain knee extension:</b></p> <ul style="list-style-type: none"> <li>• 3x8-10 reps Single leg at 60-90lbs (depends on machine)</li> </ul>	<p align="center"><u>Strength/Loading Goals (Active Adult)</u></p> <p><b>Single leg squat:</b></p> <ul style="list-style-type: none"> <li>• 3x5-10 reps to 90 degree with some UE assist</li> </ul> <p><b>Split squat (static lunge):</b></p> <ul style="list-style-type: none"> <li>• 3x10-12 reps at 20-50lbs</li> </ul> <p><b>Open chain knee extension:</b></p> <ul style="list-style-type: none"> <li>• 3x10 reps Single leg at 30-50lbs (depends on machine)</li> </ul>
<p><b>High Hamstring Tendon(s)</b></p>	<p align="center"><u>Strength/Loading Goals (Athlete)</u></p> <p><b>Single Leg Bridge:</b></p> <ul style="list-style-type: none"> <li>• 3x15-20 reps at body weight</li> </ul> <p><b>Single Leg Deadlift:</b></p> <ul style="list-style-type: none"> <li>• 3x8-10 reps at 40-80lbs</li> </ul> <p><b>Open Chain Hamstring Curls:</b></p> <ul style="list-style-type: none"> <li>• 3x8-10 reps Single leg at 50-80lbs (machine dependent)</li> </ul> <p><b>Nordic hamstring curls (or adapted versions)</b></p> <ul style="list-style-type: none"> <li>• 3x5 reps with good body position/control</li> </ul> <p><b>Stretch/Speed Load Test:</b> Fast active SLR or “Extender”(hamstring 90/90)</p> <ul style="list-style-type: none"> <li>• near equal ROM to unaffected side and pain free</li> </ul>	<p align="center"><u>Strength/Loading Goals (Active Adult)</u></p> <p><b>Single Leg Bridge:</b></p> <ul style="list-style-type: none"> <li>• 3x10 reps at body weight</li> </ul> <p><b>Single Leg Deadlift:</b></p> <ul style="list-style-type: none"> <li>• 3x10 reps at 15-45lbs</li> </ul> <p><b>Open Chain Hamstring Curls:</b></p> <ul style="list-style-type: none"> <li>• 3x8-10 reps Single leg at 30-50lbs (machine dependent)</li> </ul> <p><b>Stretch/Speed Load Test:</b> Fast active SLR or “Extender” (hamstring 90/90)</p> <ul style="list-style-type: none"> <li>• near equal ROM to unaffected side and pain free</li> </ul>
<p><b>Gluteal Tendon</b></p>	<p align="center"><u>Strength/Loading Goals (Athlete)</u></p> <p><b>Single Leg Bridge:</b></p> <ul style="list-style-type: none"> <li>• 3x15-20 reps at body weight</li> </ul> <p><b>Single Leg Deadlift:</b></p> <ul style="list-style-type: none"> <li>• 3x8-10 reps at 40-80lbs</li> </ul> <p><b>Cable Resisted Standing Hip Abduction:</b></p> <ul style="list-style-type: none"> <li>• 3x8-12 reps at 20-40lbs (machine dependent)</li> </ul> <p><b>Side Plank (full)</b></p> <ul style="list-style-type: none"> <li>• 3x45 seconds without compensations</li> </ul>	<p align="center"><u>Strength/Loading Goals (Active Adult)</u></p> <p><b>Single Leg Bridge:</b></p> <ul style="list-style-type: none"> <li>• 3x10 reps at body weight</li> </ul> <p><b>Single Leg Deadlift:</b></p> <ul style="list-style-type: none"> <li>• 3x10 reps at 15-45lbs</li> </ul> <p><b>Cable Resisted Standing Hip Abduction:</b></p> <ul style="list-style-type: none"> <li>• 3x8-12 reps at 10-20-40 (machine dependent)</li> </ul> <p><b>Side Plank (modified)</b></p> <ul style="list-style-type: none"> <li>• 3x45 seconds without compensations</li> </ul>