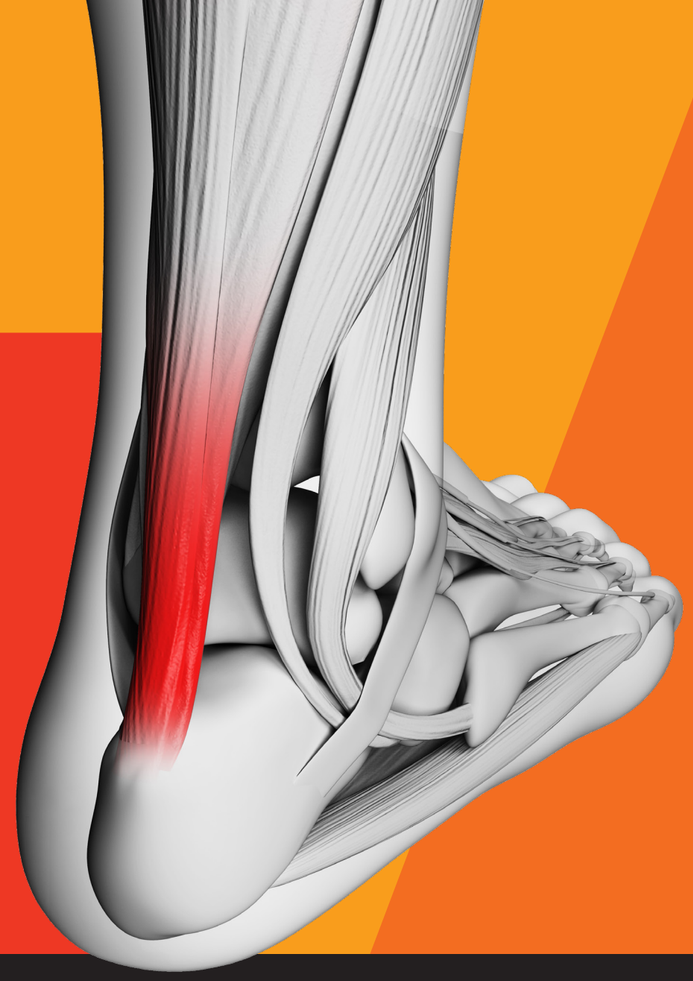
TRUEAP

TENDON RISKS FOR ATHLETES AFTER COVID-19



WHAT ATHLETES AND COACHES NEED TO KNOW

STRUCTURE

TENDONS NEED LOAD

Too much load and you get injury, but too little and you may get hurt as well. After just 2-4 weeks of unloading the tissues of tendons begin to lose their structure and ability to withstand big loads. That means athletes won't be the same when sports return.

FUNCTION

SHOCKS AND SPRINGS

Tendons improve athletic movement skills by transmitting muscle forces and by acting as springs. This means they need to be able to provide both elasticity and stiffness. To do this they need to be exposed to the right types of stimulus in training.

OVERUSE

TOO MUCH, TOO FAST

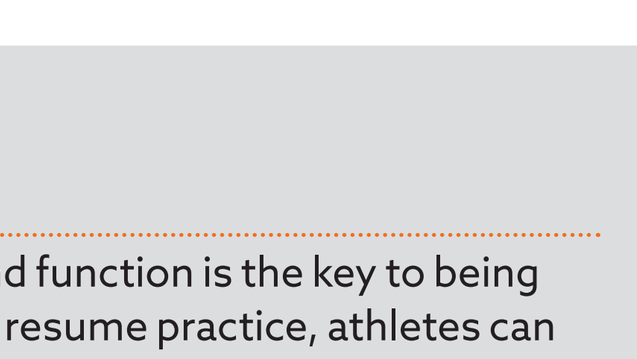
Repetitive stress that overloads the tendon can create micro-injuries in the tissue. These micro-injuries add up and become overuse injuries. Runners and jumpers often experience this when they increase their volume too quickly. Throwers and volleyball players might experience this in their shoulder or elbow as well.

COMMON INJURIES

TENDONS ARE OFTEN INJURED

Tendon injuries can occur with either acute tears or chronic overuse. Some of the most common for athletes include:

- Achilles Tendon-Ankle
- Patellar Tendon-Knee
- Elbow Tendons-Tennis & Golfer's elbow



STRENGTHENING

YOU CAN PREPARE THEM

Loading tendons enough to stimulate the structure and function is the key to being ready when sports return. At home, and before teams resume practice, athletes can use isometrics, eccentrics and reactive plyometrics to train them.

GRADUAL RETURN

SLOW AND STEADY

One of the biggest risk factors for tendons is a rapid increase in the volume and intensity of work. Muscles adapt faster than tendons and can overwhelm them. When an athlete has been doing very little and then starts full practice, the risk of injury to tendons is exponentially increased.

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