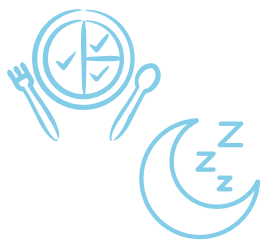


TENDINITIS MANAGEMENT



Tendinitis is irritation of a tendon caused by overuse, muscle imbalances, or poor recovery. It can feel persistent, but with the right care, it can fully heal — not just be “managed.” Early and consistent attention will help reduce pain, improve performance & support long-term healing.



GENERAL HEALING PRACTICES

- Fuel with balanced nutrition
 - Carbs for energy, protein for repair
- Prioritize 7–9 hours of sleep to support tendon recovery
 - Stay hydrated to help tissues heal effectively

WARM-UP & RECOVERY

Warming-up increases blood flow & prepares muscles/tendons to handle stress. Recovery after play reduces irritation & promotes healing.

Refer to back of sheet for specific recommendations



INFLAMMATION & PAIN CARE

- Rub/massage an ice cube or small cup of ice directly over the area for 6–8 minutes to help calm irritation
 - Apply after play or when symptoms flare up
 - Avoid long icing sessions that limit healthy blood flow



**YOUR GAME
DOESN'T STOP
HERE.**

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KNEE/ANKLE TENDINITIS

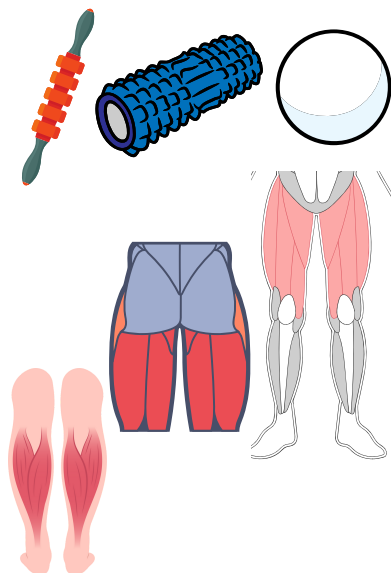


Managing tendinitis takes more than rest. Self-massage & stretching ease tightness & reduce symptoms. Activation & strengthening target root causes for lasting healing. Utilizing these tools help protect your joints & keep you on the court. Perform all 3 activities before play to prepare your muscles & tendons. Focus on self-massage & stretching after play to aid recovery.

PRE-ACTIVITY

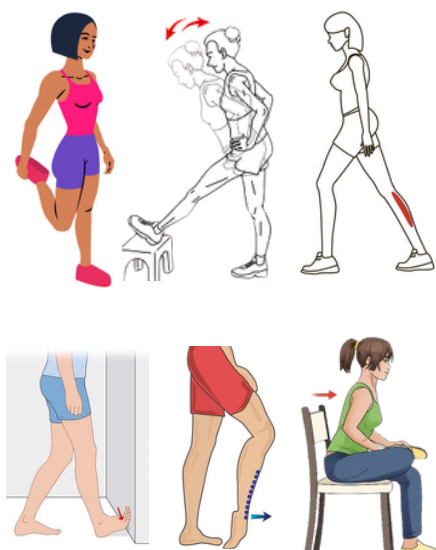
MASSAGE

Use a foam roller/massage stick to roll tight areas—quads, hamstrings, calves, bottom of feet.



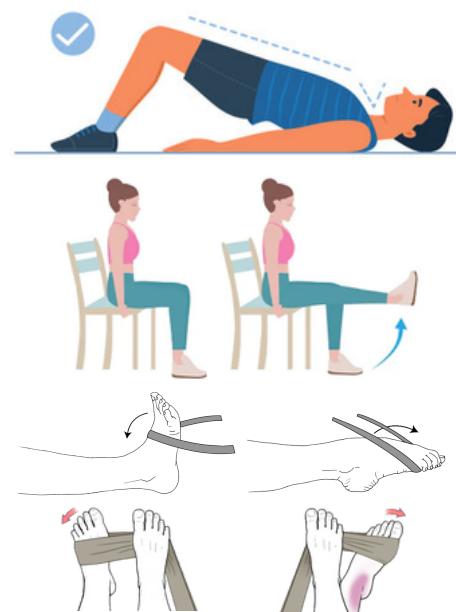
STRETCH

Gently ease into each position until you feel a stretch in targeted area. Hold for 3–5 breath cycles.



ACTIVATE

Strengthening is key for long-term tendon health. Perform each exercise 3x10 OR 2x15 to build endurance.



POST-ACTIVITY

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