

TENDON HEALTH

BASICS

Tendons connect muscle to bone while assisting with movement by contributing to joint stabilization and facilitating force transmission.

Tendons are primarily composed of collagen with limited blood supply and a lower metabolic rate compared to other soft tissue, which influences healing ability from injury.



NUTRITION

- ★ Meeting daily energy, protein, & vitamin C needs through quality meals and snacks promotes tendon health.
- ★ At minimum, athletes should aim to drink half their body weight (lbs) in ounces of fluid each day, with additional intake to compensate for sweat losses during and after training.
- ★ Including foods such as beets and dark, leafy greens in your diet can promote increased blood flow and nutrients to heal tissues including tendons.
- ★ Collagen supplementation (15-20g) with Vitamin C (>50 mg) 30-60 minutes before training may improve collagen synthesis and enhance tissue healing.



**If choosing supplements, consult your preferred dietitian for NSF Certified for Sport or Informed Sport Certified supplements.*

INJURY REDUCTION PROGRAM

- ★ Integrate a proper warm-up prior to training and competition.
- ★ Work with a qualified strength and conditioning coach to ensure that training programs adequately meet the physical demands of your sport.



LOADING CONSIDERATIONS

- ★ Consistent loading is required to optimize tendon health. If training load is increased too quickly or consistently too low, it can compromise tendon responsiveness to activity and elevate risk for injury.
- ★ Joint angles and exercise selection should be considered when managing tendon region specific loading.
- ★ Meet with your medical provider for guidance in properly implementing the following recommended exercises based on your needs.

Patellar Tendon



Loaded



Unloaded

Achilles Tendon



Loaded



Unloaded

Proximal Hamstring Tendon



Loaded



Unloaded

Rotator Cuff



Loaded



Unloaded

**These are select examples of exercises which may be incorporated into your plan.*

