

“How to get fit (and stay fit) in world  
record time...with  
7 secret recovery strategies that only the  
best athletes know and use”!

Quick “tips” and the exact week-by-week start to end recovery plans  
used by great athletes...For all of the (7) common sports injuries

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## About the Author Chad Clark

Chad Clark is a Physical Therapist and is recognized in Colorado for being at the Leading edge of innovative and trusted service for Sports Performance and Injury Reduction.

By 2005 Chad had started his own clinic after years of working in the Out-Patient Physical Therapy hospital setting and working with thousands of patients by the beginning of his own clinic.

Since quitting his job in the other Out-Patient physical therapy setting he has seen over 7, 000 clients at his clinic not including the other Physical therapists that have been added to the clinic since its start.

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## Introduction

In this exclusive Special Report prepared for fall sport athletes, football, soccer, volleyball and exercise enthusiasts all ages, I share with you the principles that I have used to help recover the fitness of all athletes, from injury. It's a "guide" that I recommend you print out and keep safe in your sports bag and constantly refer to, should you happen to be struck down by any of these common sports injuries again in the future. The first thing I want you to know is that if you are frustrated, feel stuck, or just not sure what to do next for the best, then you are NOT alone. That's how just about everyone I've ever met in my PT clinic, starts out. These recovery plans, strategies and tips I have used many times over in many sports. I also give them out to members of my private PT clinic, who pay for this kind of advice. I'm letting you have them all for FREE. The injuries (and the recovery plans) are in no particular order of importance and they all have one thing in common – they all work. There's a great saying that goes: Small hinges swing big doors. And it's often the simplest advice that wins in the end. Truth is, without knowing you or your medical history intimately, I cannot tell you which of these will work best for you. And even if I did know the root cause of your sports injury, there are no guarantees that any one single strategy will work. But over the last few years, I've been able to narrow down what really does and doesn't work when it comes to finding the fastest route possible back to fitness and a life "loaded with feel good endorphins". And the principles you're about to read are included in that. But imagine this... how great it would be if you try just one of my strategies every day for a few weeks...within a few weeks you could have gotten some way towards winning back your active, healthy "sporty" lifestyle. So, here's my challenge to you, now that you have this knowledge in your hands, take time every day to try out the tips and principles I'm giving you. It really won't take long and most of them won't cost you anything but a few minutes of your time. I think you'll be pleasantly surprised by how much better, fitter, and healthier you will feel.

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## Secret Recovery “Strategies” That Only Great Athletes Know and Use”!

Okay...Here’s How to Get Fit and Stay Fit with Secret Tips That Only Great Athletes Know and Use...

### 1. Hamstring Injury

Signs and symptoms:

Immediate sharp pain in the back of the thigh. Often when sprinting and it’s not uncommon for bruising and swelling to appear behind the knee. Can be very disabling in the first few days.

#### \* Week 1

This is always about Ice and rest. Not much else. Typically, I’d advise an athlete to go swimming, take one or two gentle walks and when possible, work on core stability exercises with in multiple positions.

From a PT point of view - after about day 5 I’d begin some massage and very gentle mobility work.

#### \* Week 2

Ice continues - often up to day 10 depending upon how much bleeding has taken place and how badly damaged the muscle tear is. Typically, one of my players would now be exercising on a bike, swimming would continue and towards the end of week 2, I’d be aiming to have the athlete doing some very gentle jogging. The player or athlete can expect to feel some form of burning sensation, but as long as it isn’t “cramping” or “biting” this is fine - and a good thing. From a PT point of view - massage is now vital. It’s now that the scar tissue build up is “dangerous” and if the massage isn’t done, it’s the number 1 reason for hamstrings tearing again in the first two weeks back to running or playing.

#### \* Week 3

Ice has stopped. More heat is being used rather than ice in this stage. Proper Stretching is now vital. I’d be recommending the athlete to attend classes, increase the amount of exercises and that he or she be working on their balance (using an appropriate exercise). Fitness levels are increased significantly. Swimming, cycling, long distance running is stepped up. And the athlete may or may not be asked to be doing three quarter pace running by now. From a PT point of view - hands on treatment is vital, massage continues and work on the gluteal muscles and lower back is essential to prevent future reoccurrence. Dynamic stretching is also introduced.

#### \* Week 4

Athlete 90% work increase and a return to practice and full drills is possible and the goal, by the end of week 4. Athlete is put through drills that will include sprints, shuttles, and plyometric work. From a PT point of view - hands on massage continues, Dynamic stretching is vital and passive and active stretching is stepped up.

#### \* Week 5

Athlete returns to sport. Fitness and performance work increases. From a PT point of view - massage continues to prevent scar tissue build up and stretching is continued before, during and after training sessions.

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Note: Daily Hands-on massage will be needed for approximately another 2-3 weeks to prevent scar tissue (collagen) tightening the muscles.

Review of recovery:

Take it very easy early on, stretch and mobilize the injury at just the right time and no hamstring can ever recover fully without deep massage.

Secret Tip:

When jogging or running for the first time...a \*burning\* sensation is to be expected and is OKAY. There's no need to stop. But you must stop if it cramps or feels as though the muscle is "biting" sharply. Too much rest in the first few weeks will increase the likelihood of re-injury. Don't be fooled by the lack of pain after two weeks. It does not mean you are fit to play or run and if you haven't followed the rules listed above, you will damage the muscle again sometime soon.

## 7 Secret Recovery "Strategies" That Only Great Athletes Know and Use"!

### 2. Calf Strain

Signs and symptoms:

Immediate sharp pain the muscle at the bottom of the leg, just below the knee. Often people describe the pain as having felt like they'd been "shot" in the back of the leg.

#### \* Week 1

This is always about ice, rest and compression. Ice is best applied little and often. 10 mins every hour, should be enough. Typically, an athlete would be advised to go swimming, take one or two gentle walks and when possible, work on core stability exercises with a proper instruction. The right selection of footwear is important - avoid sandals. Find and wear a pair of high quality footwear to prevent any tension on the muscle. From a PT point of view after about day 5, I'd begin some deep massage and very gentle stretching and work on the ankle joint to prevent any stiffness or get rid of any swelling.

#### \* Week 2

Ice continues - often until day 10 depending upon how much bleeding has taken place and how badly damaged the muscle tear is. Typically, one of my athletes would now be exercising on a bike and swimming would continue. The athlete can expect to begin on a bike or start on the rowing machine to keep up with CV fitness but running should be avoided for now. From a PT point of view deep massage is now vital. It's now that the scar tissue build up is "dangerous" and if the deep massage isn't done, it's the number 1 reason for calf muscles tearing again in the first two weeks back to running or playing.

#### \* Week 3

Ice has stopped. Now, heat is being used rather than ice in this stage. Stretching is now vital. I'd be recommending the athlete to attend classes, increase the amount of exercises and that he or she be

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working on their balance. Fitness levels are increased significantly. Swimming, cycling, gentle jogging is stepped up. And by the end, the athlete may or may not be asked to be doing pace running by now. From a PT point of view - hands on treatment is vital, massage continues and work on the Achilles, hamstrings, gluteal muscles and lower back is essential to prevent future reoccurrence. Dynamic stretching is also introduced.

\* Week 4

Athlete 90% CV work increases and a return to practice and full drills is possible and the goal, by the end of week 4. Athlete is put through drills that will include sprints, shuttles and plyometric work. From a PT point of view - hands on massage continues, Dynamic stretching is vital and passive and active stretching is stepped up.

\* Week 5

Athlete returns to sport. Fitness and performance work increases. From a PT point of view - massage continues to prevent scar tissue build up and stretching is continued before, during and after training sessions. Note: Daily hands-on massage will be needed for approximately another 2-3 weeks to prevent scar tissue (collagen) tightening up the muscles.

Review of recovery:

Take it very easy early on, stretch and mobilize the injury at just the right time and no calf injury can ever recover fully without deep massage.

Secret Tip:

Too much rest in the first few weeks will increase the likelihood of re-injury. Don't be fooled by the lack of pain after two weeks either. It does not mean you are fit to play or run and if you haven't followed all of the protocol listed above, you will damage the muscle again sometime soon.

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### 3. Achilles Tendon Tear

Signs and symptoms:

Immediate sharp pain in the back and bottom of your leg. Right above the ankle joint. Often happens when running or jumping and gets worse/comes on gradually as you run.

\* Week 1

Complete rest. Apply lots of ice. Swap footwear to soft, comfy, high heeled shoes. No need for strapping or supports other than to apply ice. Every one-hour for 10 minutes is recommended. Typically, an athlete suffering with an Achilles tendon issue would be advised to go swimming, take one or two gentle walks when possible, work on core stability exercises. The right selection of footwear is important - avoid sandals. Find and wear a pair of footwear with a nice thick "heel" to prevent any tension on the

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tendon. From a PT point of view, after about days 2-3, I'd begin some deep massage and very gentle stretching and work on the ankle joint to prevent any stiffness or get rid of any swelling. I'd also massage the calf muscle and check the lower back for any stiffness to rule out any nerve problems that could create more long-term problems.

#### \* Week 2

Ice continues - often until day 10 depending upon how much bleeding has taken place and how badly damaged the muscle tear is. Typically, one of my players would now be exercising on a bike, swimming would continue and towards the end of week 2, I'd be aiming to have the athlete doing some very gentle jogging. The player or athlete can expect to feel some form of burning sensation, but as long as it isn't "cramping" or "biting" this is fine - and a good thing. From a PT point of view, massage is now vital. It's now that the scar tissue build up is "dangerous" and if the massage isn't done, it's the number 1 reason for an Achilles tearing again in the first two weeks back to running or playing.

#### \* Week 3

Ice has stopped. Now, heat is being used rather than ice in this stage. Stretching is now vital. I'd be recommending the athlete to attend classes, increase the amount of exercises and that he or she be working on their balance. Fitness levels are increased significantly. Swimming, cycling, gentle jogging is stepped up. And by the end of this phase, the athlete may or may not be asked to be doing three quarter pace running by now. From a PT point of view - hands on treatment is vital, massage continues and work on the Achilles, calf, hamstrings, gluteal muscles and lower back is essential to prevent future reoccurrence. Ankle joint and balance work is important too. Dynamic stretching is also introduced.

#### \* Week 4

Athlete 90% CV work increases and a return to practice and full drills is possible and the goal, by the end of week 4. Athlete is put through drills that will include sprints, shuttles and plyometric work, including running backwards. Note: Hill running, and sand is disqualified for at least 3 more months for this type of injury. From a PT point of view - hands on massage continues, dynamic stretching is vital and passive and active stretching is stepped up.

#### \* Week 5

Athlete returns to sport. Fitness and performance work increases. ' - massage continues to prevent scar tissue build up and stretching is continued before, during and after training sessions. Note: Daily hands-on massage will be needed for approximately another 2-3 weeks to prevent scar tissue (collagen) tightening the muscles.

Review of recovery:

Take it very easy early on, stretch and mobilize the injury at just the right time and no Achilles injury can ever recover fully without deep massage.

Secret Tip(s):

Too much rest in the first few weeks will increase the likelihood of re-injury. Stay of the beach when running for at least 3 months post injury. Don't be fooled by the lack of pain after two weeks either. It

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does not mean you are fit to play or run and if you haven't followed all of the Protocol listed above, you will damage the muscle again sometime soon.

## 7 Secret Recovery "Strategies" That Only Great Athletes Know and Use!

### 4. Ankle Sprain

Signs and symptoms:

Likely to have landed awkwardly, twisted, or fallen causing pain, stiffness and immediate swelling, mainly on the outside of the ankle joint, below the ankle bone.

#### \* Week 1

Immediate ice, compression and elevation. Begin gentle walking ASAP. Often 3-4 days post injury. Note it is expected (and okay) to be painful. However, straight line walking only. None whatsoever twisting or turning of the ankle joint can be tolerated in week 1. Swimming and pool walking is encouraged when possible and if pain allows. From a physio point of view - deep friction massage and very gentle massage of calf and Achilles would begin after just 4-5 days.

#### \* Week 2

Very gentle (but prolonged) walking, is vital and to be encouraged. Towards the end of week 2, the goal will be for gentle jogging on a treadmill. Swimming continues, cycling, etc. are all ok. From a PT point of view - massage continues of ankle ligaments and of the calf and Achilles tendon to prevent tightness and future problems. Stretching of all muscle groups is a must and balance work is now added to both ankles.

#### \* Week 3

Exercise and CV work is increased. Straight line running is picked up and athlete will aim to be at three quarter pace by the end of this phase. Slowly, but surely, uneven surfaces are introduced and twisting and turning begins to be allowed. From a PT point of view - all deep massage work continues, muscles and ankle joints are stretched to the max and proprioception exercises are now top priority along with full movement of the ankle joint.

#### \* Week 4

Athlete returns to training and possibly performance. CV work increased and continues. From a PT point of view - all treatment and stretching continues for approx. 3-4 weeks and athlete pays attention to proprioception exercises.

Review of recovery:

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Take it very easy early on. But in the case of nearly all ankle sprains, too much rest will be harmful. Stretch and mobilize the injury at just the right time and no ankle injury can ever recover fully with prolonged rest.

Secret Tip(s):

Too much rest in the first few weeks will increase the likelihood of re-injury and a plateau. Do not be fooled by lack of pain when walking straight - Twisting and turning "pain free" must be achievable.

Note: It's not uncommon for ankle sprains to NOT feel much better even 6 weeks down the line. And it's often because of too much rest in the first few weeks. Stay off the treadmill and avoid uneven hilly areas when running, for at least 3 months post injury. Don't be fooled by the lack of pain after two weeks either. It does not mean you are fit to play or run and if you haven't followed all of the Protocol listed above, you will damage the ligament again sometime soon.

## 7 Secret Recovery "Strategies" That Only Great Athletes Know and Use!

### 5. Knee Ligaments

Signs and symptoms:

Athlete likely to have landed awkwardly, twisted, or fallen causing pain, stiffness and immediate swelling of the knee joint, often on the inside.

#### \* Week 1

Immediate ice, compression and elevation of the injured knee. Begin gentle walking ASAP. Often 3-4 days post injury. None whatsoever twisting or turning of the knee joint can be tolerated in week 1. Swimming and pool walking is encouraged when possible and if pain allows. From a PT point of view - deep friction massage and very gentle stretching and massage would begin after just 4-5 days.

#### \* Week 2

Very gentle (but prolonged) walking on the flat surface is vital and is to be encouraged. Towards the end of week 2, the goal will be for gentle jogging. Swimming continues (not breast stroke), walking, and cycling are all ok. From a PT point of view - massage continues of damaged knee ligaments and of the quads, hamstring and calf muscles. Stretching of all muscle groups is a must and balance work is now added for both legs.

#### \* Week 3

Exercise and CV work is increased. Straight line running is picked up and the athlete will aim to be at three quarter pace by the end of this phase. Slowly, but surely, uneven surfaces are introduced and twisting and turning begins to be allowed. From a PT point of view - all deep massage work continues, muscles and knee joint are stretched to max, and proprioception exercises are now top priority along with full movement of the knee joint.

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#### \* Week 4

Athlete returns to training and possibly performance. CV work increase and continues. From a PT point of view - all massage treatment and stretching continues for approx. 3-4 weeks and athlete pays attention to proprioception exercises.

Review of recovery:

Take it very easy early on. But in the case of nearly all knee ligament sprains, too much rest will be harmful. Stretch and mobilize the injury at just the right time and no knee ligament injury can ever recover fully with prolonged rest.

Secret Tip(s):

Too much rest in the first few weeks will increase the likelihood of re-injury and a recovery plateau will occur. No breast stroke in the swimming pool. Do not be fooled by lack of pain when walking straight - twisting and turning "pain free" must be achievable. Note: It's not uncommon for knee sprains to NOT feel much better even 6 weeks down the line. And it's often because of too much rest in the first few weeks. Stay off the treadmill and avoid uneven hilly areas when running, for at least 3 months post knee injury. Don't be fooled by the lack of pain after two weeks either. It does not mean you are fit to play or run and if you haven't followed all of the Protocol listed above, you will damage the ligament again sometime soon - often when you least expect it on an uneven surface.

### 7 Secret Recovery "Strategies" That Only Great Athletes Know and Use!

#### 6. Runners Knee (IT Band)

Signs & Symptoms:

Burning sensation/pain that comes on gradually on the outside of the knee. Common in cyclists and runners. Often confusing as there is no major incident or trauma, yet the pain and or burning comes on gradually and appears to get worse.

#### \* Week 1

Ice is vital. As is rest. Walking is fine, and swimming is great too. With this kind of injury, maintaining flexibility and core strength, is important. From a PT point of view - I'd be working on deep tissue massage of the IT Band as well as stretching the band, quads and hip region. It's also possible that the Athlete's "back" will have stiffened, so I'd be working to loosen that area too. It's really important for the Athlete to be working on strength work of the Gluteal muscles and the core stability muscles.

#### \* Week 2

Continue with ice and rest from cycling or running. Swimming is encouraged and the rower is also possible and unlikely to reproduce any pain on the outside of the band. If it does, stop. Continue with gluteal and core exercises and stretching in the gym. From a PT point of view - deep therapeutic

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massage of the IT Band is vital and will continue x3 daily, immediately followed by passive and active stretching.

\* Week 3

Cycling and or running will be able to be introduced in this phase, providing the athlete has followed the treatment plan noted above. Gentle, half pace jogging is introduced and cycling. Athlete should not be expecting to feel any burning sensation. Fatigue and stiffness are okay. From a PT point of view - deep therapeutic massage continues as does stretching. Increase gluteal and core exercise and begin re-introduction to 3/4 level activity and or practice. Ice remains important after every session (use heat before).

\* Week 4

Athlete steps up to training. From a PT point of view - massage and stretching continue for at least 2-3 weeks and athlete continues working on core stability and gluteal strength and control exercises.

Review of recovery:

Complete rest needed early on. Stretch and massaging is pivotal to the successful recovery. As is doing the right core and gluteal exercises.

Secret Tip(s):

Check your footwear and change them every 3 months. Let your PT do everything else. Do not be fooled by the absence of pain when you rest. The IT Band is only painful in a weigh bearing situation (such as running) or cycling due to excessive over use.

Note: Stay off the treadmill and avoid uneven hilly areas when running, for at least 3 months post knee injury.

## 7 Secret Recovery “Strategies” That Only Great Athletes Know and Use”!

### 7. Shin Splints

Signs and symptoms:

Pain on the inside of the shin bone - usually appears gradually and gets worse the more running on the hard surface that you do.

\* Week 1

Complete rest is advised for the athlete. Speak to the GP about anti-inflammatories and apply ice regularly to the damaged shinbone. In this phase it’s important to check footwear for “unusual wear” and loss of support. Also, consider mobility exercises that are proven to reduce the effects of shin splints and limit pain during exercise. Athlete can cycle, swim cross trainer and rowing to maintain CV fitness. Running is to be avoided at all costs. ' - deep massage of the calf and Achilles muscles is urgent as is stretching of both.

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\* Week 2

Rest from running continues. Ice continues to be applied, little and yet very often. Maintain/increase fitness with PT work and immediately begin body control style exercises. Add in gluteal, quad and hamstring strengthening exercises too. All of which are vital. ' - continue with deep therapeutic massage of the calf muscle and Achilles tendon and stretching of both. Begin deep tissue massage of IT Band, quads and hamstrings and stretching of the Athlete's lower back.

\* Week 3

Consider gradual return to running. Note: Grass/soft ground running is advised first due to less impact. If fine, progress to track or sand. All other fitness options are continued and core/body control is increased. ' - athlete continues to receive deep tissue massage, PNF stretching and hands on work to the lower back region.

\* Week 4

Continue with ice. Athlete will continue to apply ice immediately after any running for at least 6 weeks. Core and control exercises maintained, as is all strength and flexibility work to the surrounding muscle groups. ' - deep therapeutic massage of the calf muscle and surrounding muscles continues for approx. 2-3 weeks.

Review of Recovery:

Complete rest from running needed early on. Stretch and massaging of calf and Achilles is pivotal to the successful recovery. As is doing the right core, and gluteal strength and control exercises.

Secret Tip(s):

Check your footwear and change them every 3 months, and ice packs are the best thing that you can be doing to help yourself with shin splints. You must also be doing regular core control and back strength exercises, too. Let your PT do everything else. Do not be fooled by the absence of pain when you rest. Shin Splints are likely to only be painful in a weight-bearing situation (such as running).

Note: Return to running progressively and start with --> grass --> sand --> road.

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## Conclusion

So, there you have it: The 7 recovery plans that the Pro Athletes use every day to recover from a sports injury. There's obviously much more to it. I could go much more in-depth on ways to recover from injury quickly, than just the principles I've given you here. But these fundamentals, if you apply them rigorously and are disciplined, will make a huge difference to the pace at which you recover. For more information or advice please contact me directly: [Chad@PT-Connections.com](mailto:Chad@PT-Connections.com)

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## Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this Guide.

However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our physical therapy clinics. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow PT advice and various other physical factors.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from one of the PT's at PT-Connections.

We are able to offer you this service at a standard charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this report.

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