



CORE ADVANTAGE

THE SECRET TO CURING OSGOOD SCHLATTERS

ATHLETE WORKBOOK

ATHLETE'S NAME

AGE

/ /

DATE PROGRAM STARTED

Print this workbook and fill it in as you complete each week of the program.
Keep it somewhere safe when not in use.

USING YOUR WORKBOOK

This Workbook is designed to help guide you through the entire seven week program. We recommend printing this workbook and filling it in every day to help you keep track of your progress. Each week will build on the one before, progressing you along at what is a typical pace for most Osgood cases. You will have access to support, instructional videos and guidance via your online portal.

If you are unsure as to whether you should progress or not, default to repeating the previous week, a slower pace through this program will lead to a more lasting result.

Most knees respond rapidly to this program, but some can take a little longer, so whether it takes you seven, eight or twelve weeks to complete the entire program, don't despair. Pushing ahead when you are not ready will not speed up the process and will only hamper your long term progress.

Training

The training is made up of three parts; Pain logging, daily maintenance, and the workout.

Pain Logging (1-2 minutes daily)

Being in pain is not fun, but continually monitoring your pain levels is a great way to better manage your pain in the short term, and better predict and avoid pain and injury in the future.

All you have to do, is give an honest assessment of your pain before and after your Osgood exercises for the day. The best way to do this is by doing a tiny little squat and scoring your knees from zero to 10.

A zero would be nothing at all, three might be just a little sensation, five would be quite uncomfortable, eight would be agony and 10 would mean you need a wheelchair and can barely walk!

Daily Maintenance (5-15 minutes daily)

Doing this every day is key to not only eliminating your pain but also helping you become a better all round athlete.

Workouts (10-30 minutes three times per week)

While the daily maintenance will help reduce your pain levels, the workouts are designed to stop your Osgood ever coming back. You should do this workout three times a week, each session separated by 48-72 hours (ie: Monday, Wednesday, Friday).

Both the Daily Maintenance and the Workout components will advance to challenge you as your symptoms settle and your strength increases.

Support

All the resources for completing this program can be found online at www.coreadvantage.training.

There you will find week-by-week instructions, guidance, videos and bonus materials. For more specific and situational questions check out our ever-expanding [Knowledge Base](#) with answers to all your frequently asked questions. You will also find my contact details in the knowledge base if you need to reach out for extra support.

Also I'd love to hear your feedback, both negative and positive. You can reach me at my email which is in the [Knowledge Base](#).

All the best with the program

Durham McInnis

Head coach, Core Advantage Athletic Development

WEEK 1

START DATE: _____ / _____ / _____

Daily Pain Log -

Fill in your pain levels before and after your daily routine each day. On the days you complete a workout, fill in the log before and after your workout instead.

	Day:	1	2	3	4	5	6	7
1	Before Training	/10	/10	/10	/10	/10	/10	/10
2	After Training	/10	/10	/10	/10	/10	/10	/10

Daily Routine -

Complete these exercises every day, in the specified order. You will find the instructions on our website

	Day:	1	2	3	4	5	6	7
1	Foam Rolling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Knee Isometrics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Workouts -

Complete these three workouts in the specified order and for the prescribed sets, reps and times. Be sure to rest 48 hours between each workout to allow adequate recovery

**No workouts for week one.
Workouts start in week three**

WEEK 2

START DATE: / /

Daily Pain Log -

Fill in your pain levels before and after your daily routine each day, If you are completing a workout that day, fill in the log before and after your workout instead.

	Day:	1	2	3	4	5	6	7
1	Before Training	/10	/10	/10	/10	/10	/10	/10
2	After Training	/10	/10	/10	/10	/10	/10	/10

Daily Routine -

Complete these exercises every day, in the specified order

	Day:	1	2	3	4	5	6	7
1	Foam Rolling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Knee Isometrics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Workouts -

Complete these three workouts in the specified order and for the prescribed sets, reps and times. Be sure to rest 48 hours between each workout to allow adequate recovery

**No workouts for week two.
Workouts start in week three**

WEEK 3

START DATE: / /

Daily Pain Log -

Fill in your pain levels before and after your daily routine each day, If you are completing a workout that day, fill in the log before and after your workout instead.

Day:		1	2	3	4	5	6	7
1	Before Training	/10	/10	/10	/10	/10	/10	/10
2	After Training	/10	/10	/10	/10	/10	/10	/10

Daily Routine -

Complete these exercises every day, in the specified order

Day:		1	2	3	4	5	6	7
1	Foam Rolling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Basic Stretches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	Glute Activation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Workouts -

Complete these three workouts in the specified order and for the prescribed sets, reps and times. Be sure to rest 48 hours between each workout to allow adequate recovery

Workout 1	Exercise	Sets x reps x load	Set 1	Set 2	Set 3	Set 4
	1 Knee Isometrics	4x 30sec (each leg)				
	2 Glute Bridges	3x 10reps				

Workout 2	Exercise	Sets x reps x load	Set 1	Set 2	Set 3	Set 4
	1 Knee Isometrics	4x 30sec (each leg)				
	2 Glute Bridges	3x 10reps				

Workout 3	Exercise	Sets x reps x load	Set 1	Set 2	Set 3	Set 4
	1 Knee Isometrics	4x 30sec (each leg)				
	2 Glute Bridges	3x 12reps				

WEEK 4

START DATE: _____ / _____ / _____

Daily Pain Log -

Fill in your pain levels before and after your daily routine each day, If you are completing a workout that day, fill in the log before and after your workout instead.

Day:		1	2	3	4	5	6	7
1	Before Training	/10	/10	/10	/10	/10	/10	/10
2	After Training	/10	/10	/10	/10	/10	/10	/10

Daily Routine -

Complete these exercises every day, in the specified order

Day:		1	2	3	4	5	6	7
1	Foam Rolling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Basic Stretches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	Glute Activation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Workouts -

Complete these three workouts in the specified order and for the prescribed sets, reps and times. Be sure to rest 48 hours between each workout to allow adequate recovery

Workout 1	Exercise	Sets x reps x load	Set 1	Set 2	Set 3	Set 4
	1 Knee Isometrics	4x 30sec (each leg)				
	2 Glute Bridges	3x 12reps				
	3 Shallow Squats	3x 8reps				
	4 Calf Raises	3x 10reps (double leg)				

Workout 2	Exercise	Sets x reps x load	Set 1	Set 2	Set 3	Set 4
	1 Knee Isometrics	4x 30sec (each leg)				
	2 Glute Bridges	3x 15reps				
	3 Shallow Squats	3x 8reps				
	4 Calf Raises	3x 12reps (double leg)				

Workout 3	Exercise	Sets x reps x load	Set 1	Set 2	Set 3	Set 4
	1 Knee Isometrics	4x 30sec (each leg)				
	2 Glute Bridges	3x 15reps				
	3 Shallow Squats	3x 8reps				
	4 Calf Raises	3x 15reps (double leg)				

WEEK 5

START DATE: / /

Daily Pain Log -

Fill in your pain levels before and after your daily routine each day, If you are completing a workout that day, fill in the log before and after your workout instead.

		Day:	1	2	3	4	5	6	7
1	Before Training		/10	/10	/10	/10	/10	/10	/10
2	After Training		/10	/10	/10	/10	/10	/10	/10

Daily Routine -

Complete these exercises every day, in the specified order

		Day:	1	2	3	4	5	6	7
1	Foam Rolling		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Basic Stretches		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	Glute Activation		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Workouts -

Complete these three workouts in the specified order and for the prescribed sets, reps and times. Be sure to rest 48 hours between each workout to allow adequate recovery

Workout 1	Exercise	Sets x reps x load	Set 1	Set 2	Set 3	Set 4
	1 Knee Isometrics	4x 30sec (each leg)				
	2 Glute Bridges	3x 15reps				
	3 Shallow Squats	3x 8reps				
	4 Calf Raises	3x 15reps (double leg)				

Workout 2	Exercise	Sets x reps x load	Set 1	Set 2	Set 3	Set 4
	1 Knee Isometrics	4x 30sec (each leg)				
	2 Glute Bridges	3x 15reps				
	3 Shallow Squats	3x 12reps				
	4 Calf Raises	3x 18reps (double leg)				

Workout 3	Exercise	Sets x reps x load	Set 1	Set 2	Set 3	Set 4
	1 Knee Isometrics	4x 30sec (each leg)				
	2 Glute Bridges	3x 15reps				
	3 Shallow Squats	3x 12reps				
	4 Calf Raises	3x 20reps (double leg)				

Daily Pain Log -

Fill in your pain levels before and after your daily routine each day, If you are completing a workout that day, fill in the log before and after your workout instead.

		Day:	1	2	3	4	5	6	7
1	Before Training		/10	/10	/10	/10	/10	/10	/10
2	After Training		/10	/10	/10	/10	/10	/10	/10

Daily Routine -

Complete these exercises every day, in the specified order

		Day:	1	2	3	4	5	6	7
1	Foam Rolling		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Basic Stretches		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	Glute Activation		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Workouts -

Complete these three workouts in the specified order and for the prescribed sets, reps and times. Be sure to rest 48 hours between each workout to allow adequate recovery

Workout 1	Exercise	Sets x reps x load	Set 1	Set 2	Set 3	Set 4
	1 Knee Isometrics	4x 30sec (each leg)				
	2 Postage stamp jumps	2x 5reps				
	3 High hip skip	2x 15meters				
	4 Shallow Squats	4x 12reps				
	5 Calf Raises	3x 22reps (double leg)				

Workout 2	Exercise	Sets x reps x load	Set 1	Set 2	Set 3	Set 4
	1 Knee Isometrics	4x 30sec (each leg)				
	2 Postage stamp jumps	2x 5reps				
	3 High hip skip	2x 15meters				
	4 Shallow Squats	4x 12reps				
	5 Calf Raises	3x 25reps (double leg)				

Workout 3	Exercise	Sets x reps x load	Set 1	Set 2	Set 3	Set 4
	1 Knee Isometrics	4x 30sec (each leg)				
	2 Postage stamp jumps	3x 5reps				
	3 High hip skip	3x 15meters				
	4 Shallow Squats	4x 12reps				
	5 Calf Raises	3x 25reps (double leg)				

Daily Pain Log -

Fill in your pain levels before and after your daily routine each day, If you are completing a workout that day, fill in the log before and after your workout instead.

		Day:	1	2	3	4	5	6	7
1	Before Training		/10	/10	/10	/10	/10	/10	/10
2	After Training		/10	/10	/10	/10	/10	/10	/10

Daily Routine -

Complete these exercises every day, in the specified order

		Day:	1	2	3	4	5	6	7
1	Foam Rolling		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Basic & Advanced Stretches		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	Glute Activation		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Workouts -

Complete these three workouts in the specified order and for the prescribed sets, reps and times. Be sure to rest 48 hours between each workout to allow adequate recovery

Workout 1	Exercise	Sets x reps x load	Set 1	Set 2	Set 3	Set 4
	1 Knee Isometrics	4x 30sec (each leg)				
	2 Postage stamp jumps	3x 5reps				
	3 High hip skip	3x 15meters				
	4 Squats (increased range)	4x 12reps				
	5 Calf Raises	3x 28reps (double leg)				

Workout 2	Exercise	Sets x reps x load	Set 1	Set 2	Set 3	Set 4
	1 Knee Isometrics	4x 30sec (each leg)				
	2 Postage stamp jumps	4x 5reps				
	3 High hip skip	4x 15meters				
	4 Squats (increased range)	4x 12reps				
	5 Calf Raises	3x 28reps (double leg)				

Workout 3	Exercise	Sets x reps x load	Set 1	Set 2	Set 3	Set 4
	1 Knee Isometrics	4x 30sec (each leg)				
	2 Postage stamp jumps	4x 5reps				
	3 High hip skip	4x 15meters				
	4 Squats (increased range)	4x 12reps				
	5 Calf Raises	3x 30reps (double leg)				