

Return to Running Progression

Your injury has recovered enough to let you begin running again. It is necessary to return to your previous activity level gradually, at a comfortable pace, while keeping the running surface as soft, smooth, and level as possible. Meeting the following criteria will help to ensure a safe return "to the road":

- Make sure you are able to walk for 30 minutes without pain.
- Make sure you are able to perform the elliptical for 30-45 min with out pain.
- Make sure you complete a dynamic warm up before running and stretch afterwards.
- Do not progress to the next step if the previous one caused pain or compensation.

Protective Program: 6 weeks

		Day						
		1	2	3	4	5	6	7
Week	1		4 min walk 1 min run 3 Sets			3 min walk 2 min run 3 Sets		
	2		2 min walk 3 min run 3 Sets			1 min walk 4 min run 3 Sets		
	3 Run Fit*		6 min run 3 min walk 2 Sets			7 min run 2 min walk 2 Sets		
	4		15 min run			20 min run		
	5		20 min run		15 min run		20 min run	
	6		25 min run				30 min run	

*Run Fit is a program offered at MSM that assesses if a runner has the appropriate mobility, stability and strength for running and offers slow motion video analysis of running form.

If you have any questions regarding this program, please contact your physical therapist using our Patient Portal (Sign up at www.methodistsports.com) or by calling (317) 817-1200.

Therapist _____ Ext: _____

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Accelerated Program: 4 weeks

		Day						
		1	2	3	4	5	6	7
Week	1		3 min walk 2 min run 3 Sets			2 min walk 3 min run 3 Sets		
	2		2 min walk 3 min run 3 Sets		1 min walk 4 min run 3 Sets		1 min walk 4 min run 3 Sets	
	3 Run Fit*		6 min run 3 min walk 2 Sets		7 min run 1 min walk 2 sets		15 min run	
	4		20 min run		15 min run		30 min run	

Notes:

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