

Return to Walking Progression

Your injury has recovered enough to let you begin walking again. It is necessary to return to your previous activity level gradually, at a comfortable pace, while keeping the walking 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 perform the elliptical for 30-45 min with out pain.
- Make sure that you perform light stretching afterwards.
- Do not progress to the next step if the previous one caused pain or compensation.

Walk Program: 4 weeks

	1	2	3	4	5	6	7
Week		10 min walk		15 min walk		15 min walk	
		20 min walk		15 min walk		20 min walk	
	25 min walk		15 min walk		25 min walk		20 min walk
		25 min walk		20 min walk	25 min walk		30 min walk

Notes:

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: _____