

RETURN TO SPORT PROGRESSION: RUNNING

1. The athlete must pass all functional tests and/or be cleared by sports medicine medical provider before beginning Return to Running Protocol.
2. Recommend pursuing Transitional Therapy for return to sport activities during this phase Transitional Therapy is a strength and conditioning program that is led by medical professionals with a sports medicine background with the goal of transitioning from therapy back to sport.
3. The athlete may progress through the phases as tolerated. Cross-training can be performed on off days. (Cross training can be done by performing non sport specific activities i.e. swimming, biking, yoga, pilates, and/or PT home exercises *see attached instructions).
4. Each phase should be performed 2-3 times with one day rest between each session, the athlete should progress to the next phase once he/she is able to complete the current phase without pain, swelling, decreased range of motion or difficulty.
5. While some soreness is expected if the athlete experiences pain, swelling, decreased range of motion during a phase, he/she should take a day off and go back to the prior phase where they were not experiencing pain and or difficulty completing activities. Do not keep moving through the phases if you are having pain or difficulty. Seek medical attention if necessary.
6. Emphasis should be placed on developing and maintaining proper mechanics without developing symptoms or excessive fatigue.
7. The athlete should ice the affected area for 15-20 minutes following the activity.

Running Guidelines:

- Wear supportive running shoes with prescribed orthotics if applicable.
- Change running shoes every 300-500 miles or every 3-4 months.
- Be conscious of running mechanics and body position.
- Always begin on flat surface, treadmill or cushioned track.
- Always perform a full body warm up for 5-10 minutes and cool down and stretch at the end of walk/run

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- **Step 1: Walking Program**
 - Walk at a brisk pace for 15-20 minutes as tolerated. You may progress to next phase only when able to complete one mile without a limp, pain, or swelling.

- **Step 2: Plyometric, Jump/ Landing Program**
 - Warm Up: Brisk walk, cycling, or elliptical at least 5 minutes.
 - Plyometric Exercises: Once warmed up, perform 10 reps of each, complete 2 sets
 - Two foot ankle hops in place
 - One-foot ankle hops in place
 - Double leg Toe Drops
 - Single leg Toe Drops
 - Forward/Backward hops
 - Side-to-Side hops
 - Power skip- driving arm and leg up for height
 - Double leg Squat Jump
 - Performing the plyometric program for at least 1-2 weeks in preparation for running.

- **Step 3: Basic Walk/Run Program**
 - If you are pain free with the two previous steps, you may progress to this step
 - Warm Up with brisk walk for 5 minutes.
 - Run every other day until you have reached your previous running level.
 - You can cross train (bike, elliptical, swim, yoga, pilates) on off days, but be sure to allow 1-2 days of complete rest per week.
 - Progress to the next phase only if able to complete each workout without pain
 - You may increase your running time by 10% per week as pain allows until you have returned to your previous level of running.

Phase	Walk	Run	Repetitions	Time
Phase 1	5 min	1 min	2	30 minutes
Phase 2	4 min	2 min	2	30 minutes
Phase 3	3 min	3 min	2	30 minutes
Phase 4	2 min	4 min	2	30 minutes
Phase 5	1 min	5 min	2	30 minutes
Phase 6	Continuous running for 30 minutes with proper warm up and cool down			