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RETURN TO RUNNING PROGRAM

Guidelines:

- Perform plyometric or walk/run program every other day
- Off Days:
 - Cross train (bike, elliptical, swim, yoga, pilates)
 - Perform regular strengthening exercises prescribed by your Physical Therapist.
 - Allow at least one to two days of full rest per week.
- Wear supportive running shoes. 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.
- Ice the injured area for 10-15 minutes after activity.

First Step: Walking Program

Walk at a brisk pace as tolerated. You may progress to next phase only when able to complete one mile without a limp, pain or swelling.

Second Step: Plyometric Program

Emphasize toe landing, “land like a feather”

Warm Up: Brisk walk, cycling, or elliptical at least 5 minutes.

Plyometric Exercises: Once warmed up, perform 20 reps of each, complete 2 sets

- Two foot ankle hops in place
- One-foot ankle hops in place
- Squat Jump
- Forward/Backward hops
- Side-to-Side hops
- Skip
- Power skip- driving arm and leg up for height

*Rest 30 seconds between exercises

**Stop routine if you are feeling any pain. Stretch and ice the area for 10-15 minutes.

Third Step: Basic Walk/Run Program

- Program designed for those returning from post-surgical injuries.
- If you are pain free with the two previous steps, you may progress to this step **after performing the plyometric program for at least one week.**
- Warm Up with brisk walk for 5 minutes.
- Only run every other day until you have reached your previous running level.
- You can cross train (bike elliptical, swim, yoga) 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.

PHASE	WALK	RUN	REPETITIONS	TIME
Phase I	5 min	1 min	5	30 min
Phase II	4 min	2 min	5	30 min
Phase III	3 min	3 min	5	30 min
Phase IV	2 min	4 min	5	30 min
Phase V	1 min	5 min	5	30 min
Phase VI	Continuous Run for 30 min (with proper warm-up & cool down)			

You may increase your running time by 10% per week as pain allows until you have returned to your previous level of running.

**** While mild discomfort is expected occasionally, persisting pain should be evaluated by your healthcare provider.**