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## **Return to Running Program**

### **Phase I: Walking Program**

Must be able to walk, pain free, aggressively (roughly 4.2 to 5.2 miles per hour), preferably on a treadmill, before beginning the plyometric and walk/jog program.

### **Phase II: Plyometric Routine**

A mile run generally consists of 1500 foot contacts, 750 per foot. The program integrates 470 foot contacts per leg, which would be equivalent to two thirds the foot contacts of a mile. Successfully completing the routine is a good indicator of an athlete returning to running a half to three-quarters of a mile distance.

<b>Exercise</b>	<b>Sets</b>	<b>Foot contacts per set</b>	<b>Total foot contacts</b>
Two-leg ankle hops: in place	3	30	90
Two-leg ankle hops: forward/backward	3	30	90
Two-leg ankle hops: side to side	3	30	90
One-leg ankle hops: in place	3	20	60
One-leg ankle hops: forward/backward	3	20	60
One-leg ankle hops: side to side	3	20	60
One-leg leg broad hop	<u>4</u> 22	5	<u>20</u> 470

**Rest Intervals:** Between Sets 90 seconds  
Between Exercises: 30 seconds

Stretch Gastro, Soleus, Quads and Hamstrings between exercises.

Emphasize toe-heel landing, triple flexion (hip and knee flexion, ankle flexed up), triple extension (hip and knee extension, foot flexed down), and soft landing.

Athletes recovering from a knee, thigh or hip injury should incorporate a greater degree of knee and hip flexion.

If you experience pain or are unable to complete an exercise, stop, stretch and apply ice to the involved area. If you are pain free the next day, attempt to re-start the routine.





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### Phase III: Walk/Jog Progression

You may begin this program on level ground if:

1. Completed Phase I and II.
2. You have no pain with normal daily activities. (on a pain scale of 0 to 10, in which 0 is normal and 10 is the worst, you must be at 0) **and**,
3. The injured area no longer hurts when you press on it.

#### Program Progression

- If the jogging hurts, stop, apply ice and return to the previous stage the next day. If pain/discomfort remains or increases, continue to return to a previous level until discomfort stabilizes or decreases.

- If you have no pain when doing this activity level or afterwards, and you have no discomfort or tightness that limits your normal movements the next morning, proceed to the next stage.

	Walk	Jog	Repetitions	Total time
<b>Stage I</b>	4 minutes	2 minutes	5 times	30 minutes
<b>Stage II</b>	3 minutes	3 minutes	5 times	30 minutes
<b>Stage III</b>	2 minutes	4 minutes	5 times	30 minutes
<b>Stage IV</b>	1 minutes	5 minutes	5 times	30 minutes
<b>Stage V</b>	Jog every other day with a goal of reaching 30 consecutive minutes, begin with 5 minutes of walking, gradually increasing the pace. End with 5 minutes of walking, gradually decreasing the pace to a comfortable walk.			

