

## RETURN TO RUN PROGRESSIONS

| LEVEL | TREADMILL                       | TRACK  |
|-------|---------------------------------|--|
| 1     | 0.1mi walk/0.1 run, repeat 10x  | run straights/walk curves                    |
| 2     | 0.1mi walk/0.2 run<br>(2mi max) | run straights/run 1 curve every<br>other lap |
| 3     | 0.1mi walk/0.3 run (2mi max)    | run straights/ run 1 curve<br>every lap      |
| 4     | 0.1mi walk/0.4 run<br>(2mi max) | run 1.75laps/ walk curve                     |
| 5     | run 1mi/0.1walk, repeat 2x      | run 1mi/walk curve, repeat 2x                |
| 6     | run 2-2.5mi                     | run 2-2.5mi                                  |
| 7     | run 3mi                         | run 3mi                                      |

Progress to the next level, with a rest day between, when the patient can perform run without increased pain or swelling. Perform no more than 4 times in a week.

***Schedule a Running Video Analysis:***



# DIRECT PERFORMANCE

PHYSICAL THERAPY | SPORTS PERFORMANCE

## RUNNING WARM UP

*Leg swings forward/back 10x ea*

*Leg swings lateral 10x ea*

*Standing hip circles 5x ea way*

*Walking knee hugs 10x ea*

*Walking hamstring stretch 10x ea*

*Walking figure 4 10x ea*

*Walking knee pulls/squad stretch 10xea*

*A-skips 25 yds*

*Butt kicks 25 yds*

*B-skips 25 yds*



*For video  
demonstration of the  
running warm up:*

