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.
Return to Running Program

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.

<table>
<thead>
<tr>
<th>PHASE</th>
<th>WALK</th>
<th>RUN</th>
<th>REPETITIONS</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phase I</td>
<td>5 min</td>
<td>1 min</td>
<td>5</td>
<td>30 min</td>
</tr>
<tr>
<td>Phase II</td>
<td>4 min</td>
<td>2 min</td>
<td>5</td>
<td>30 min</td>
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<tr>
<td>Phase III</td>
<td>3 min</td>
<td>3 min</td>
<td>5</td>
<td>30 min</td>
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<tr>
<td>Phase IV</td>
<td>2 min</td>
<td>4 min</td>
<td>5</td>
<td>30 min</td>
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<tr>
<td>Phase V</td>
<td>1 min</td>
<td>5 min</td>
<td>5</td>
<td>30 min</td>
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<tr>
<td>Phase VI</td>
<td>Continuous Run for 30 min (with proper warm-up &amp; cool down)</td>
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</tbody>
</table>

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.