

## Return to Running Progression Guidelines

### General Guidelines:

Do not push through pain and cease running if sharp pain or pain greater than 3/10 is occurs.

If pain is felt following a run do not progress the program the next session. Repeat the same run the next session and if pain persists move back to previous level and re-evaluate with PT.

Running should be progressed slowly and the patient's symptoms should be monitored closely during the progression to prevent flare up.

An appropriate running analysis should be performed to promote a normal stride and minimize compensatory movement patterns.

Week	Day 1	Day 2	Day 3
1	Run/Jog = 30 seconds Walk = 4.5 minutes Cycles = 6 (30 minutes)	Run/Jog = 1 min. Walk = 4 min. Cycles = 6 (30 minutes)	Run/Jog = 1.5 min. Walk = 3.5 min. Cycles = 6 (30 minutes)
2	Run/Jog = 2 min. Walk = 3 min. Cycles = 6 (30 minutes)	Run/Jog = 2.5 min. Walk = 2.5 min. Cycles = 6 (30 minutes)	Run/Jog = 3 min. Walk = 2 min. Cycles = 6 (30 minutes)
3	Run/Jog = 3.5 min. Walk = 1.5 min. Cycles = 6 (30 minutes)	Run/Jog = 4 min. Walk = 1 min. Cycles = 6 (30 minutes)	Run/Jog = 4.5 min. Walk = 30 sec. Cycles = 6 (30 minutes)
4	Run/Jog 30 minutes	Run/Jog 30 minutes	Run/Jog 30 minutes