

Return to Run Progression

- SURGEON DEPENDENT
- 8 weeks-able to perform SL hopping 30 feet without pain and good stability-LE hop test 80%
- No concern with speed or distance
- If increased pain and swelling persist longer than 24 hours the running will need to be decreased

Run three times weekly. For every run, do the following:

- Warm-up and stretch before running
- Choose a course with level surfaces only
- Ice and elevate after running for 10-20 minutes

****Focus on shorter strides landing on the balls of your feet which will cause foot contact more underneath your COM and help avoid full knee extension at foot contact.****

Week 1 of Running program

15 minute workout.

1strun: Repeat 3 times: 4 minutes walk, 1 minute run.

Rest one day.

2ndrun: Repeat 3 times: 3 minutes walk, 2 minutes run.

Rest one day.

3rdrun: Repeat 3 times: 2 minutes walk, 3 minutes run.

Rest one day.

Week 2 of Running program

20 minute workout.

1strun: Repeat 4 times: 1 minute walk, 4 minutes run.

Rest one day.

2ndrun: Repeat 3 times: 1 minute walk, 5 minutes run.

Rest one day.

3rdrun: Repeat 3 times: 1 minute walk, 6 minutes run.

Rest one day.

Week 3 of Running program

1strun: Repeat 3 times: 1 minute walk, 7 minutes run.

Rest one day.

2ndrun: Repeat 2 times: 1 minute walk, 8 minutes run.

Rest one day.

3rdrun: Repeat 2 times: 1 minute walk, 10 minutes run.

Rest one day.

Week 4 of Running program

1strun: 3 minutes walk, 12 minutes run.

Rest one day.

2ndrun: 3 minutes walk, 15 minutes run.

Rest one day.

3rdrun: 3 minutes walk, 18 minutes run.

Rest one day.

Week 5 of Running program

1strun: 3 minutes walk, 20 minutes run.

Rest one day.

2ndrun: 3 minutes walk, 20 minutes run.

Rest one day.

3rdrun: 3 minutes walk, 20 minutes run.

Rest one day.