

This protocol provides appropriate guidelines for safe return to run. The protocol draws evidence from the current literature and accounts for preferences of the providers at Allina Health Orthopedics. The program may be modified by the referring provider for an individual patient. If questions arise regarding the application of the protocol or the progress of the patient, contact Allina Health Orthopedics: (952) 946-9777

Return to Run Program

- Run no more than every other day
- Repeat each phase 2-3 times.
- If pain is increased during a run take 2-3 days off. Then repeat same phase. Do not advance to the next phase until pain free.
- If weather is good, run outside over flat ground.
- If wintery conditions, run on treadmill.

Phase	Walk	Jog	Repeat	Total Time
1	4 min	1 min	6x	30 min
2	3 min	2 min	6x	30 min
3	2 min	3 min	6x	30 min
4	1 min	5 min	5x	30 min
5	1 min	7 min	4x	32 min
6	1 min	10 min	3x	33 min
7	0	30 min	1x	30 min

-After running:

Stretch: Quads, Hamstrings, IT band, Calves

Ice for 10-15 minutes