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LOWER EXTREMITY STRESS FRACTURE ALTER-G RUNNING PROTOCOL

If any pain is felt during a run, the athlete should discontinue the workout and seek a re-evaluation with Sports Medicine.

The athlete is free to work up to the highest speed tolerated during each workout, and is free to work up to the upper limit of the recommended percent of body weight for each planned workout.

Cross training with a bicycle or swim is permissible only if it can be performed without pain.

The following protocol is only a guideline, an athlete's individual symptoms over time with frequent follow up evaluations will direct progression of activity.

Week 1

- 4 runs at 50-60% BW, max time 25 min
- 3-4 swims / 2 bikes

Week 2

- 5 runs at 60-70% BW, continue cross training as above

Week 3

- 5 runs at 70% BW, can add striders, cross train as above, workout time up to 30 min

Week 4

- 5 runs up to 80% BW, plus a 20min tempo run at 80%BW, taper off cross training

Week 5

- 5 runs up to 85% BW, plus a 25min tempo run at 85%BW, some runners get up to 50 miles in this week

Week 6

- 5 runs at 90% BW, plus a 35 min tempo run at 90%BW

At this point if you are able to finish all workouts listed above without pain during the workout or with normal activity it is safe to begin running on the ground. It is advisable to continue to use the Alter-G at 90-95% BW for a couple of your training runs during the week to decrease total load on the injured extremity.