



QUICK RETURN TO RUNNING

Follow this regimen to return to running quickly after an injury. If you have questions or concerns, please call our office at 615.467.4636.

Criteria

- Range of motion must be equal to contralateral (opposite) limb
- Pain-free strength test (mild weakness acceptable)
- Limited pace, mileage and incline/ascent
- Advance in walk/run program as long as bent-knee stretch test, slump test and supine plank test remain negative

Program

Week 1

- On alternating days, walk 5 minutes and then run 1 minute
- Work up to repeating 5 times per workout
- Run 2 minutes per mile slower than your typical pace

Week 2

- If no pain, advance to walking 5 minutes and then running 5 minutes per workout
- Run 1 minute per mile slower than your typical pace

Week 3

- If no pain, advance to a 20-minute jog at your typical training pace
- Not to be done more than 5 days per week

Week 4-8

- If no pain, gradually increase to running
- Acceleration is permitted

Supplemental Activity

Athletes may continue to supplement these workouts with pool training as they build back to their pre-injury training levels.

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