

Ready to Run Testing:

- Designed to test for both pain provocation and motor patterns prior to returning to running.
- If able to perform the following tests painfree and with satisfactory movement control → follow Return to Running program.
- If tests provoke pain, patient is unable to complete, or demonstrates poor movement control → address deficits before running.

Testing:

1. Walk x 30 minutes (approximately 3.0-3.5 mph)
 - a. Fail= pain, cardiovascular limitation
2. Single leg heel raise x ≥ 25 repetitions (metronome 80 bpm)
 - a. Fail= pain, unable to perform 25 repetitions
3. Step-ups x 30 seconds each (12-18 inch box)
 - a. Fail= pain
4. Jumping: Double leg x 60 seconds
 - a. Fail= pain, compensation
5. Hopping: Single leg x 30 seconds each
 - a. Fail= pain, compensation
6. Single leg squat: x 30 seconds each to depth 0-40 degrees (metronome 80 bpm)
 - a. Fail= pain, poor control

Return to Running Program

- Running Warmup:
 - A dynamic warmup and 3-5 minute walk should precede each run
- Running Frequency:
 - Every other day (increase rest days as needed)
 - Each level should be completed 3x *without pain* prior to moving on to next level; repeat sequence as needed.
- Pain/Soreness:
 - If pain is not sharp, is present during warmup but improves with running, or does not increase as you run → may continue run and stay at that level until painfree.
 - If pain increases as you run, creates soreness that disrupts sleep or rest after run, causes joint effusion, or alters mechanics → stop running and take next day off.
- Consult with your physical therapist throughout return to running process for individualized recommendations.
- Running program is completed *in addition* to rehab program and other cardiovascular exercise.

	Times Completed	Run	Walk	Reps
Level 1	1 _____ 2 _____ 3 _____	3 minutes	5 minutes	3x
Level 2	1 _____ 2 _____ 3 _____	3 minutes	3 minutes	4x
Level 3	1 _____ 2 _____ 3 _____	4 minutes	3 minutes	3x
Level 4	1 _____ 2 _____ 3 _____	5 minutes	3 minutes	3x
Level 5	1 _____ 2 _____ 3 _____	7 minutes	3 minutes	2x
Level 6	1 _____ 2 _____ 3 _____	1 mile	2 minutes	1x
Level 7	1 _____ 2 _____ 3 _____	1 mile → walk → ½ mile	2 minutes	1x
Level 8	1 _____ 2 _____ 3 _____	1.5 mile	-	1x