## 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 $\rightarrow$ follow Return to Running program.
$>$ If tests provoke pain, patient is unable to complete, or demonstrates poor movement control $\rightarrow$ address deficits before running.

## Testing:

1. Walk $x 30$ minutes (approximately $3.0-3.5 \mathrm{mph}$ )
a. Fail= pain, cardiovascular limitation
2. Single leg heel raise $x \geq 25$ 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 $\times 30$ 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 $\rightarrow$ 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 $\rightarrow$ 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 |  | 3 minutes | 5 minutes | 3x |
| Level 2 | $\qquad$ | 3 minutes | 3 minutes | 4x |
| Level 3 | $\qquad$ | 4 minutes | 3 minutes | 3 x |
| Level 4 | $\qquad$ | 5 minutes | 3 minutes | 3 x |
| Level 5 | $\qquad$ | 7 minutes | 3 minutes | 2x |
| Level 6 | $\qquad$ | 1 mile | 2 minutes | 1x |
| Level 7 | $\qquad$ | 1 mile $\rightarrow$ walk $\rightarrow 1 / 2$ mile | 2 minutes | 1x |
| Level 8 | $\qquad$ | 1.5 mile | - | 1 x |

