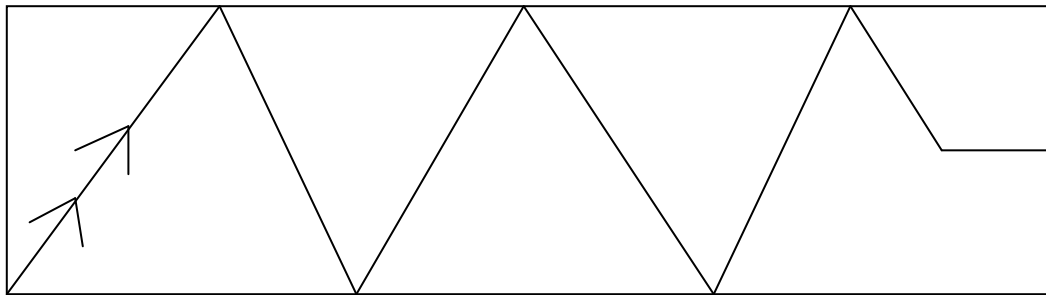


Return to Running Program

When the following program can be done pain-free at one session, you may then return to competition. If pain occurs, discontinue immediately.

1. Warm-up on stationary bike for 10-15 minutes.
2. On the injured leg, do 6 single leg hops.
3. Jog ½ mile on smooth surface.
4. Run 50 yards six times at ½ speed.
5. Run 50 yards six times at ¾ speed.
6. Run 50 yards six times at full speed.
7. Run 50 yards in zig-zag pattern, six times at ¾ speed. (see diagram)
8. Run 50 yards in zig-zag pattern, six times at full speed. (see diagram)



9. Complete 10 minutes of sport specific drills.
10. Return to activity. Good luck!

Please note that rehabilitation protocols are to be used as general guidelines in the overall treatment and plan of care for the patients of Central Texas Sports Medicine & Orthopaedics. Supervised treatment and care under physicians, physical therapists, and athletic trainers are essential in a patient progressing through each phase of the rehabilitation process. Our doctors, therapists, and trainers will determine the appropriate progression of the specific protocol for each patient.