

Running Rehab Protocol Outdoors



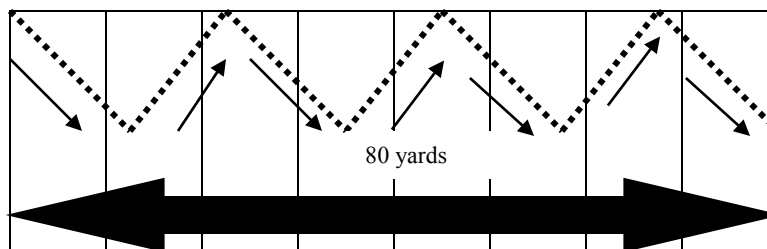
**Central Kansas
Orthopedic Group**
SURGICAL SPECIALISTS & PHYSICAL THERAPY

When can I compete again? This question is often asked by athletes after they suffered a leg injury. In sports medicine, we use a running program designed to test the strength and endurance of an athlete who has suffered an injury to the lower extremity. Coaches and athletes should use this program to test and evaluate the athlete's ability to return to the rigors of competition. When athletes complete the entire program, they are ready to return to competition.

IF THE ATHLETE CAN'T COMPLETE THE ENTIRE PROGRAM, HE OR SHE SHOULD START AT THE BEGINNING THE FOLLOWING DAY.

OUTDOORS:

1. Jog 1 mile. Stop immediately if you begin limping or feel pain. When you can jog 1 mile, pain free...continue to next steps.
2. Run ____ 80 yard sprints at 50% speed. If you feel no pain, no limping...continue
3. Run ____ 80 yard sprints at 75% speed. If no pain, no limping...continue
4. Run ____ 80 yard sprints at 100% speed. If no pain, no limping...continue



5. Run ____ 80 yard sprints cutting at 75% speed, If no pain, no limping....continue
6. Run ____ 80 yard sprints cutting at 100% speed. Always cutting on outside foot. If no pain, no limping...continue.
7. Perform 10 minutes of running, jumping, and sport specific activities. When completed, you're ready to return to competition.

Sport Specific Activities: _____