

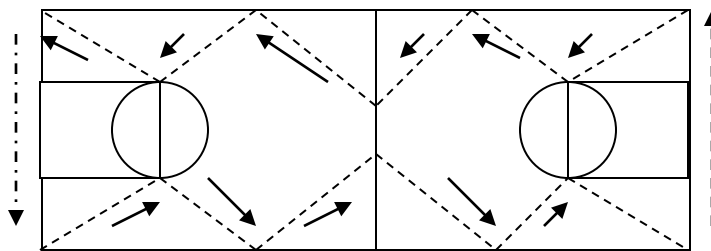
## Running Rehab Protocol Indoors

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.

### INDOORS:

1. Jog 18 laps around the basketball court. Stop immediately if you begin limping or feel pain. When you can jog 18 laps pain free...continue to next steps.
2. Run \_\_\_ lengths of the court at 50% speed. If you feel no pain, no limping...continue
3. Run \_\_\_ lengths of the court at 75% speed. If no pain, no limping...continue
4. Run \_\_\_ lengths of the court at 100% speed. If no pain, no limping...continue



5. Run \_\_\_ 15 lengths of the court cutting at 75% speed, If no pain, no limping....continue
6. Run \_\_\_ 15 lengths of the court 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: \_\_\_\_\_

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