



From the office of:

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RETURN TO RUNNING PROGRAM

Phase I: Walking Program

- Must be able to walk, pain free, aggressively for 30 minutes before beginning the plyometric and walk/jog program.

Phase II: Plyometric Routine

- **Warm-up:** 5 minutes of brisk walking, cycling, or elliptical machine
- **Exercises:** 3 sets of 20 for each exercise, rest 60 seconds between sets; emphasize toe landing “like a feather”
 - Two-foot hops in place
 - Two-foot hops side-to-side
 - Two-foot hops forward/backward
 - Squat Jump
 - One-foot hops in place
 - One-foot hops side-to-side
 - One-foot hops forward/backward
 - High skips
- If you experience pain or are unable to complete an exercise, stop, stretch and apply ice to the involved area. If you are pain free the next day, attempt to re-start the routine.

Phase III: Walk/Jog Progression

- You may begin this program on level ground if:
 1. You have completed Phase I and II.
 2. You have **no** pain with normal daily activities, **AND**
 3. The injured area no longer hurts when you press on it.

Program Progression

- If the jogging hurts, stop, apply ice and return to the previous stage the next day. If pain/discomfort remains or increases, continue to return to a previous level until discomfort stabilizes or decreases.
- If you have no pain during or after a particular stage, and you have no discomfort or tightness that limits your normal movements the next morning, proceed to the next stage.

STAGE	WALK	RUN	REPETITIONS
I	5 min	1 min	5
II	4 min	2 min	5
III	3 min	3 min	5
IV	2 min	4 min	5
V	1 min	5 min	5
VI	Continuous Run for 30 min		

- Run every other day at most
- Progress to next phase *ONLY* if you experience no pain with previous workout
- Increase running time, distance, or intensity 10% per week after Phase VI is completed