

Form Running Program

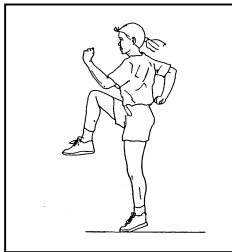
The following exercises are not to be attempted until your Doctor or PT/AT clears you to commence this program.

You should begin at about 25% effort and progress to full effort over a period of 4-6 weeks

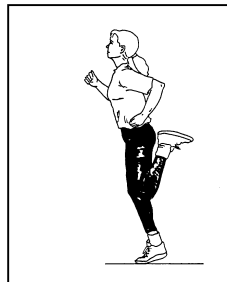
1) **Forward Jogging** Do _____
Run forwards for 30 yards

2) **Backward Jogging** Do _____
Run backwards for 30 yards

3) **High Knees** Do ____
Drive your knees up towards your chest while walking/jogging forward.
Pump your arms opposite of the knees.



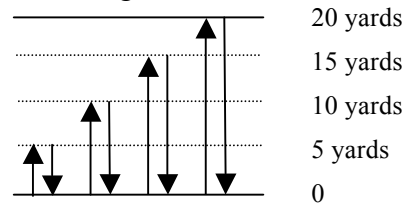
4) **Butt kicks** Do _____
Jog forward attempting to kick your heels up towards the buttock.
Maintain upright posture



5) **Side shuffles** Do _____
Shuffle to right, back to left over 30 yds

6) **Deceleration drills (for/back)**
Do _____

Jog Forward 5 yards, backwards 5 yards, forward 10, back 10 up to 20 yards. Ensure that when you change direction you use your affected leg



7) **Deceleration drills (side-side)**

Do _____
As above except do with side shuffles

8) **Ice for 15 minutes if not progressing to the Graduated running program**

After completing the Form Running Program above you should:

Stretch as prescribed

Proceed to the graduated running program as instructed by your therapist

Ice following your workout for 15-20 minutes



Home to the Texas Rangers