

## Running Program – Return to Sport

This program is a measure of an athlete’s progress as he/she returns to competition following an injury to the lower extremity. When the **ENTIRE** program can be completed, they are ready to return to competition. If not try again the next day

**Before running - Warm up and stretch**  
**After running - stretch and ICE**

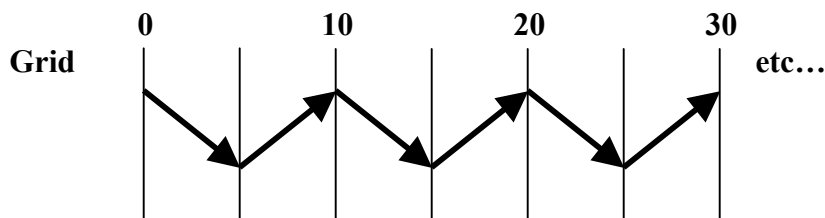
### Outdoor Program

	Activity
1	Jog one mile – If pain -> stop. If painfree -> go to 2
2	Do six 80 yard sprints at 50% If pain -> stop. If painfree -> go to 3
3	Do six 80 yard sprints at 75% If pain -> stop. If painfree -> go to 4
4	Do six 80 yard sprints at 100% If pain -> stop. If painfree -> go to 5
5	Do six 80 yard sprints with cutting* at 75% If pain -> stop. If painfree -> go to 6
6	Do six 80 yard sprints with cutting* at 100% If pain -> stop. If painfree -> go to 7
7	Do 10 minutes of sports related drills. If painfree -> return to sport

### Indoor Program

	Activity
1	Jog 18 laps of court. If pain -> stop. If painfree -> go to 2
2	Do 15 lengths of gym at 50% If pain -> stop. If painfree -> go to 3
3	Do 15 lengths of gym at 75% If pain -> stop. If painfree -> go to 4
4	Do 15 lengths of gym at 100% If pain -> stop. If painfree -> go to 5
5	Do 15 lengths of gym with cutting* at 75% If pain -> stop. If painfree -> go to 6
6	Do 15 lengths of gym with cutting* at 100% If pain -> stop. If painfree -> go to 7
7	Do 10 minutes of sports related drills. If painfree -> return to sport

**\*Cutting Instructions:** Always plant on outside foot and cut sharply. Do not “round off”



Home to the Texas Rangers