Return to Running Post Injury

Walk

- Are you pain free walking?
- Are you as strong on the weak side compared to the stronger side?

Jump

- Can you jump pain free?
- Can you hop pain free?

Hop

- Can you hop repeatedly pain free?
- Can you hop for 30 seconds on each leg?

Jog

- Start with short distances (50m approx) and gradually increase.
- Consider the surfaces you are running on. Sometimes grass can be more manageable.
- Run intervals with a rest inbetween (walking or standing still).

Run

- Start to increase your distance (no more than 10% per week).
- Start to decrease the rest between intervals.
- Slowly increase your speed.

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