



### **Dr. Hagan RUNNING PROGRAM**

The running program is designed as a measure of an athlete's ability to return to sport following a lower extremity injury. The entire program should be completed by the athlete before a return to sport is allowed. The running program is designed as progression of jog/run/sprint activities, both straight ahead and with cutting. The athlete may begin this running program when he or she can hop up/down five times on the injured leg.

If an athlete cannot complete the entire program, he or she should start at the beginning the following day. \*\*If at any time there is pain or limping, STOP immediately.

#### **OUTDOOR INSTRUCTIONS**

1. Jog 1 mile. Stop immediately if you begin limping or feel moderate pain. When you can jog one mile pain free,
2. Run six 80 yard sprints at half speed. If you feel no pain and don't limp,
3. Run six 80 yard sprints at three-quarter speed. If no pain,
4. Run six 80 yard sprints at full speed, if no pain,
5. Run six 80 yard sprints cutting at three-quarter speed. If no pain,
6. Run six 80 yard sprints cutting at full speed. Always plant on outside foot to cut. If no pain,
7. Do 10 minutes of running and/or jumping drills related to your sport.

When you've completed the entire program, you're ready to return to competition. \*Follow each running workout with a 15 minute application of ice.

#### **INDOOR INSTRUCTIONS**

1. Jog 18 laps around the basketball court, stop immediately if you begin limping or feel mild pain. If you're pain free,
2. Run 15 lengths of the gym at half speed. If no pain,
3. Run 15 lengths of the gym at three-quarter speed. If no pain,
4. Run 15 lengths of the gym at full speed. If no pain,
5. Run 15 lengths cutting at three-quarter speed. Plant outside foot with each cut. If no pain,
6. Run 15 lengths cutting at full speed. If no pain,

7. Do 10 minutes of running or jumping drills to your sport.

When you've completed the entire program, you're ready to return to competition. \*Follow each running workout with a 15 minute application of ice.