Scott Adrian, M.D.
Advanced Orthopaedic Associates

2778 N. Webb Rd.
Wichita , KS 67226

316-631-1600
Fax: (316) 631-1671
1 (800) 362-0591

ACL RECONSCTRUCTION
RETURN TO RUNNING PROTOCOL

Listed below is a protocol for returning to running following an ACL reconstruction.
(This protocol is based on your release to run by your physician.)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	5.0 min	0	5.0 min	0	7.5 min	0	7.5 min
Week 2	0	10.0 min	0	10.0 min	0	12.5 min	0
Week 3	12.5 min	0	15.0 min	0	15.0 min	0	17.5 min
Week 4	0	17.5 min	0	20.0 min	0	20.0 min	0
Week 5	10.0 min	20.0min	0	10.0 min	20 min	0	15.0 min
Week 6	20.0 min	0	15.0 min	20.0 min	0	15.0 min	25.0 min
Week 7	0	15.0 min	25.0 min	0	20.0 min	25.0 min	0
Week 8	20 min	25.0 min	0	20.0 min	30.0 min	0	0