



IMG PHYSICAL THERAPY

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RETURN TO RUNNING

Most common injuries:

- Knee
- Foot/Ankle
- Hip
- Achilles/Calf

Why do people get hurt?

- Running is a single leg activity
- When running your legs absorb 3-6 times the force of gravity
- Running is very repetitive (1,300 steps per mile)

Please see website
for couch to 5k
info

What can you do?

- TALK TO YOUR PT!
 - o Your PT can help you determine what is causing your pain
 - Flexibility?
 - Strength?
 - Neuromuscular control?
 - Mechanics?
 - Combination of all?

Soreness Rules

When returning to run:

- 1) Running should be stopped if pain increases on a run OR if pain changes from an ache to a sharp pain
- 2) Joint pain should not increase 24 hours after a run
- 3) Any pain should not increase during the run or persist into the next day
- 4) Training should stop until pain induced compensations (limping, hip hiking, ect.) disappear

1) **Warm-up** – perform each exercise 15 -30 times before each run to help warm up your muscles



High knees
A-skips



Hip circles
In and out



Walking lunges



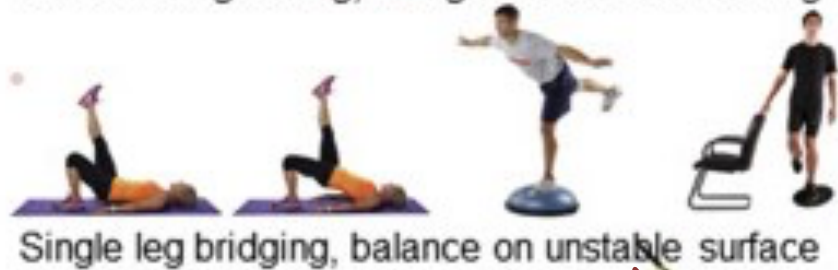
Hip swings
Side to side
Front to back



Figure 3.
Retloping exercise.

Retloping: Move Head up and down (Yes) and side to side (no) for 15 times each. 2 sets of each

2) **Strength & Balance** - perform 1 set of 15 repetitions for each strengthening exercise 3-5 times a week



Stop your workout and talk to your doctor if... you feel chest pain/pressure/discomfort, blurred vision, OR you feel increased pain that won't go away,



3) **Plyometrics** - perform plyometrics 3-4 times a week to increase muscle strength and coordination

Perform each exercise for 30 seconds 3 times



Scissor jumps



Single leg hops, jumps



Tuck jumps



Squat or countermovement jumps

Tips for Return to Running:

- 1) Start with intervals (Run for 30 seconds/ walk for a minute)
- 2) Ideal step rate for decreased Injury Rate: 180 steps for minutes
- 3) Keep your total milage less than 40 miles/week for decreased Injury Rate