



Return to Running/Sport Program

Goals:

- Progressive return to sport.

Precautions:

- DO NOT BEGIN RETURN TO SPORT ALL AT ONCE, PLEASE ENSURE RETURN IS DONE IN A GRADUAL FASHION SO AS TO AVOID RELAPSE.
- Do not push through hip pain. Watch for hip pain during or after exercise. **If pain is experienced during or after an exercise, STOP. Return to the previous phase and wait at least 3 days before trying again.**
- Add sports specific activities in increasing increments of time and intensity.
- PROGRESSION SHOULD START WITH PATIENT PERFORMING NON-CONTACT EXERCISES AND DRILLS.
- Once patient is able to perform non-contact exercises without pain, they may proceed to contact sport with limitations and WITOUT PAIN before a full return to sport can be cleared.

Remember:

- Continue all exercises from the previous phases on off days.
- STRETCH: using all previous and newly added stretches.

Please note: Persons who do not participate in higher level activities may not need to advance to this phase. Activities that require specific recommendations for "Returning to Sport" include: competitive or higher level running, bounding sports, cutting and jumping sports, lacrosse, football, soccer, dance, hockey, golf, basketball, skiing and snowboarding, tennis and racquet sports.

Return to Run Protocol

Running pre-requisites

- Patients can typically start to run 3 months after surgery but every case is different and you may need to wait longer depending on your recovery. Dr. Wolff’s recommendation and your physical therapist’s assessment of your progress will help to determine when you are ready to run.
- Generally speaking, prior to starting the interval program you should:
 - Be pain free with all ADLs (walking, stairs, sit to stand, rolling over in bed, etc)
 - Tolerate single leg exercises and light plyometrics without pain
 - Be able to perform 10-15 lateral step downs with good leg control and no pain

Walk–Run Interval Program

- Once you have been cleared by Dr. Wolff, use this interval program to ease your way back into running.
- Each Phase should be done twice before moving to the next one.
- Take a day off in between each workout. You may stretch and perform non-impact exercises during off days.
- Do not move on to the next Phase if you have any hip pain during the run or in the 24 hours following.
- Take one full rest day each week when you are going through the running program. On the full rest day you may foam roll and stretch but do not perform strength work.
- Warm-up and cool-down before and after each workout by walking and stretching for a few min.

	Walk	Run	Repetitions	Total Time	Days
Phase I	1 – 3 min	1 min	3	6 – 12 min	2
Phase II	1 – 3 min	2 min	3	9 – 15 min	2
Phase III	1 – 2 min	3 min	3	12 – 15 min	2
Phase IV	1 – 2 min	4 min	3	15 – 18 min	2
Phase V	1 min	5 min	3	18 min	

Running Program

- Prior to starting a running program you should:
 - Be able to finish phase V without pain. It’s okay to repeat phases or do more than 2 repetitions of one phase. You can always take longer to get through the Walk-Run Program, just don’t rush through it.
 - Have a discussion with Dr. Wolff’s team and your physical therapist about your long-term goals, prognosis, and reasonable expectations for running.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	1 mi.	Rest	Rest	1 mi.	Rest	Rest	1.5 mi.
Week 2	Rest	1.5 miles	Rest	Rest	2 miles	Rest	Rest
Week 3	2 mi.	Rest	Rest	1.5 mi.	Rest	Rest	2 miles
Week 4	Rest	Rest	2.5 mi.	Rest	Rest	2.5 mi.	Rest