



ORTHOPAEDIC SURGEONS

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RUNNING PROGRAM

The following program should be used as a measure of an athlete's progress as he/she returns from an injury to a lower extremity. When the athlete has completed the entire outdoor or indoor program, they are ready to return to competition.

The athlete may begin the running program when he/she can hop up and down on the toes of the injured extremity (without bearing weight on the other leg) five times.

OUTDOORS

1. Jog $\frac{1}{2}$ ~~mi~~ mile; Stop immediately if limping or mild pain is noticed. When the athlete can jog $\frac{1}{2}$ ~~mi~~ mile pain free;
 - a. Do ~~sprints~~ yard sprints at $\frac{1}{2}$ speed. If no pain or limp; - 4 reps of 20 yards
 - b. Do ~~sprints~~ yard sprints at $\frac{3}{4}$ speed. If no pain or limp; - " "
 - c. Do ~~sprints~~ yard sprints at full speed. If no pain or limp; - " "
 - d. Do ~~sprints~~ yards cutting at $\frac{3}{4}$ speed. If no pain or limp; - " "
 - (Always plant on outside foot to cut)
 - e. Do ~~sprints~~ yards cutting at full speed. If no pain or limp; - " "
2. Do ten minutes of running and/or jumping drills related to your sport. When the athlete has completed the entire running program, he/she is ready to return to competition. **

INDOORS

1. Jog eighteen laps around the basketball court; Stop immediately if limping or mild pain is noticed. If pain free;
 - a. Do fifteen lengths of the gym at $\frac{1}{2}$ speed. If no pain or limp;
 - b. Do fifteen lengths of the gym at $\frac{3}{4}$ speed. If no pain or limp;
 - c. Do fifteen lengths of the gym at full speed. If no pain or limp;
 - d. Do fifteen lengths cutting at $\frac{3}{4}$ speed. If no pain or limp;
 - (Always plant on outside foot to cut)
 - e. Do fifteen lengths cutting at full speed. If no pain or limp;
2. Do ten minutes of running and/or jumping drills related to your sport. When the athlete has completed the entire running program, he/she is ready to return to competition. **

NOTES

If the athlete does not complete the entire program on a particular day, he/she should start at the beginning of running program the following day.

** Each running work-out must be followed by a fifteen minute application of ice.