



PHYSICAL THERAPY PROTOCOL

Return to Running

Patient Name: _____

Total of 4, 30 minute jogs per week

Week 1:

5 minute jog 5 minute walk

Week 2:

6 minute jog 4 minute walk

Week 3:

7 minute jog 3 minute walk

Week 4:

8 minute jog 2 minute walk

Week 5:

9 minute jog 1 minute walk

Week 6:

10 minute jogcontinuous