



Return to Running Program
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GENERAL GUIDELINES

- Ice after running if you have an injury.
- Stretch before and after running.
- Start running on level surfaces. Gradually work into hills as able.
- No pain while you are running.
- Run with short quick strides with a cadence of 120-160 steps per minute.

WEEK 1

- 1st run: Repeat 3 times: 4 minute walk, 1 minute run. Rest one day.
- 2nd run: Repeat 3 times. 3 minute walk, 2 minute run. Rest one day.
- 3rd run: Repeat 3 times: 2 minute walk, 3 minute run. Rest one day.

WEEK 2

- 1st run: Repeat 4 times: 1 minute walk, 4 minute run. Rest one day.
- 2nd run: Repeat 3 times. 1 minute walk, 5 minute run. Rest one day.
- 3rd run: Repeat 3 times: 1 minute walk, 6 minute run. Rest one day.

WEEK 3

- 1st run: Repeat 3 times: 1 minute walk, 7 minute run. Rest one day.
- 2nd run: Repeat 2 times. 1 minute walk, 8 minute run. Rest one day.
- 3rd run: Repeat 2 times: 1 minute walk, 10 minute run. Rest one day.

WEEK 4

- 1st run: 3 minute walk, 12 minute run. Rest one day.
- 2nd run: 3 minute walk, 15 minute run. Rest one day.

- 3rd run: 3 minute walk, 18 minute run. Rest one day.

WEEK 5

- 1st run: 3 minute walk, 20 minute run. Rest one day.
- 2nd run: 3 minute walk, 20 minute run. Rest one day.
- 3rd run: 3 minute walk, 20 minute run. Rest one day.

This protocol provides the rehabilitation specialist with general guidelines for the rehabilitation of the patient undergoing a SLAP repair.

Questions regarding the progress of a specific patient are encouraged and should be directed to 952- 442-8201 or rehabprotocols@tcomn.com.