

Progressive Return to Running after Knee Injury

ONE

On a quarter mile track

1. jog $\frac{1}{4}$ mile
2. run straight ways $\frac{3}{4}$ speed, walk corners
3. Run straights, $\frac{3}{4}$, full speed, $\frac{3}{4}$
4. Then run full out, coast to stop

TWO

Progress to Football field: [may use functional ACL Brace]

1. Perform 15 yard figure "8"s in both directions
2. Reduce figure "8"s to 10 yds, then 5 yds.
3. Progress to cariocias, and the cutting left and right down sideline

THREE

Start progressive sport specific functionals

FOUR

Return to sports