Progressive Return to Running after Knee Injury

ONE
On a quarter mile track
1. jog ¼ mile
2. run straight ways ¾ speed, walk corners
3. Run straights, ¾, full speed, ¾
4. Then run full out, coast to stop

TWO
Progress to Football field: [may use functional ACL Brace]
1. Perform 15 yeard figure “8”s in both directions
2. Reduce figure “8”s to 10 yrds, then 5 y rds.
3. Progress to cariocias, and the cutting left and right down sideline

THREE
Start progressive sport specific functionals

FOUR
Return to sports

OSSM 2000