



REHABILITATION GUIDELINES

RETURN TO RUNNING PROGRAM

PHASE I – Warm Up Walk 15 Minutes, Cool Down Walk 10 Minutes

Edward S. Chang, MD
Inova Orthopaedics
and Sports Medicine

OFFICE LOCATIONS

TUESDAY

8100 Innovation Park
Drive
Fairfax, VA 22031
T 703-970-6464
F 703-970-6465

WEDNESDAY

1005 N. Glebe Rd
Suite 410
Arlington, VA 22201
T 571-414-6940
F 703-970-6465

THURSDAY

FRIDAY (AM only)
6355 Walker Lane
Suite 300
Alexandria, VA 22310
T 703-797-6980
F 703-797-6981

Day	1	2	3	4	5	6	7
Week 1	W5/J1x5*		W5/J1x5		W4/J2x5		W4/J2x5
Week 2		W3/J3x5		W3/J3x5		W2/J4x5	
Week 3	W2/J4x5		W1/J5x5		W1/J5x5		Return to Run

Key: W=walk, J=jog

*W5/J1x5= Walk (5 minutes), Jog (1 minute); repeat 5 times

PHASE II – Warm Up Walk 15 Minutes, Cool Down Walk 10 Minutes

CLINICAL NURSE

Eileen Perri, BSN
(703) 797-6918

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	20 min		20 min		20 min		25 min
2		25 min		25 min		30 min	
3	30 min		30 min		35 min		35 min
4		35 min		40 min		40 min	
5	40 min		45 min		45 min		45 min
6		50 min		50 min		50 min	
7	55 min		55 min		55 min		60 min
8		60 min		60 min			

- Recommendations:
 - Runs should occur on softer surfaces during Phase 1
 - Non-impact activity on off days
 - Goal is to increase mileage and then increase pace; avoid increasing two variables at once
 - 10% rule: no more than 10% increase in mileage per week