



Ironhorse Physical Therapy & Pilates Return to Run Program

This program is designed to help runners return to training following a run-related injury or after a long hiatus from running such as after pregnancy. Soreness rules are provided below to help guide your decision making along the way. The running workouts should be performed on non-consecutive days. Make sure to warm up and cool down with either ten minutes of fitness walking (fast enough to get a light sweat going) OR our Dynamic Warm Up Flow (6 minutes long) which can be found here: <https://www.youtube.com/watch?v=NIZwVBDT1k&t=7s>.

We do NOT recommend running through pain that is greater than a 3/10 on the pain scale. 0= no pain and 10= excruciating pain. We also do NOT recommend running if you are experiencing symptoms of leaking urine or feces while running and “heaviness” in the pelvic floor region.

**** If you are returning to running after having a baby within the past six months to 1 year, you should receive clearance from your pelvic floor therapist first and your muscle test for your pelvic floor muscles should be at least a 3 out of 5 before initiating this return to run program.** Muscle strength is graded on a scale of 0-5 with 0 being absent pelvic floor muscle contraction, 3 is the ability to “lift” and contract uniformly against gravity and 5= normal strength and power. Additional criteria and guidelines can be found in our ebook, “Bulletproof Runner Postpartum edition” . You can get your copy here: <https://ironhorseptpilates.activehosted.com/f/12> .

On non-running days, perform any relevant strengthening exercises, drills, and self-mobilizations prescribed by your therapist. Lastly, keep in mind that it is ultimately up to you, and the rehabilitation professional overseeing your care to determine the rate at which you progress through the program.

****Adapted from Christopher Johnson of Zeren PT's return to run program****

Week	Rounds	Jog	Walk	Total Time
1	6	1	4	30
2	6	2	3	30
3	6	3	2	30
4	6	4	1	30
5	4	6	4	40

6	4	7	3	40
7	4	8	2	40
8	3	12	3	45
9	3	13	2	45
10	3	14	1	45
11	3	17	3	60
12	3	19	1	60
13	1	60	0	60

The following section was taken directly from Christopher Johnson's (Zeren PT) Return to Run Program and is copied here with his permission:

Stage	Definition	Red Flag
1	Pain upon exertion	Pain that alters mechanics
2	Pain at rest	Pain that prevents rest
3	Pain with ADLs	Avoidance of ADLs
4	Pain managed with meds	Being in the stage
5	Severe, disabling pain	Being in the stage

Soreness/Pain Rules

1. It's okay to experience some mild pain or discomfort as you work through the return to running program, provided that the pain does not progressively worsen over the course of the workout, or lead to the development of red flags.
2. Aim to perform each level twice before progressing to the next level, unless otherwise directed by your therapist.
3. If you experience pain that is present while running (Stage 1), but that does not lead to altered mechanics and resolves with walking, remain at the same level until you are able to tolerate it.
4. If you experience pain at rest post-workout (Stage 2), but that does not prevent you from rest/sleep, take two days off and drop down one level.
5. In the event that you find yourself in stage three or greater, or if you experience any signs or symptoms consistent with red flags, discontinue running and consult with your therapist before continuing with the return to running program.

****If you need help and have been stuck at stage 1, have gotten worse into stage 2+ or have pain at rest or pain that changes the way you run (or causes you to limp during or after your run), feel free to reach out to request a consultation here:**

<https://ironhorseptpilates.activehosted.com/f/3>

