

READY TO RUN TESTING



PHYSIOTUTORS

A stylized logo consisting of two interlocking, flowing shapes that resemble a '2' and a 'f' combined.
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READY TO RUN TESTING

Designed to test for both pain provocation and motor patterns prior to returning to running.

If able to perform the following tests painfree and with satisfactory movement control, follow Return to Running program.

If tests provoke pain, patient is unable to complete, or demonstrates poor movement control, address deficits before running.



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TESTING

1. Walk x 30 minutes (approximately 3.0-3.5 mph)
 - Fail = pain, cardiovascular limitation
2. Single leg heel raise x >25 repetitions (metronome 80 bpm)
 - Fail = pain, unable to perform 25 repetitions
3. Step-ups x 30 seconds each (12-18 inch box)
 - Fail = pain
4. Jumping: Double leg x 60 seconds
 - Fail = pain, compensation
5. Hopping: Single leg x 30 seconds each
 - Fail = pain, compensation
6. Single leg squat: x 30 seconds each to depth 0-40 degrees (metronome 80 bpm)
 - Fail = pain, poor control



RETURN TO RUNNING PROGRAM

Running Warmup:

- A dynamic warmup and 3-5 minute walk should precede each run

Running Frequency:

- Every other day (increase rest days as needed)
- Each level should be completed 3x without pain prior to moving on to next level; repeat sequence as needed.

Pain/Soreness:

- If pain is not sharp, is present during warmup but improves with running, or does not increase as you run → may continue run and stay at that level until painfree.
- If pain increases as you run, creates soreness that disrupts sleep or rest after run, causes joint effusion, or alters mechanics → stop running and take next day off.



Consult with your physical therapist throughout return to running process for individualized recommendations.

Running program is completed in addition to rehab program and other cardiovascular exercise.

	TIMES COMPLETED	RUN	WALK	REPS
LEVEL 1	1 _____ 2 _____ 3 _____	3 min	5 min	3x
LEVEL 2	1 _____ 2 _____ 3 _____	3 min	3 min	4x
LEVEL 3	1 _____ 2 _____ 3 _____	4 min	3 min	3x
LEVEL 4	1 _____ 2 _____ 3 _____	5 min	3 min	3x
LEVEL 5	1 _____ 2 _____ 3 _____	7 min	3 min	2x
LEVEL 6	1 _____ 2 _____ 3 _____	1 mile	2 min	1x
LEVEL 7	1 _____ 2 _____ 3 _____	1 mile - walk - 1/2 mile	2 min	1x
LEVEL 8	1 _____ 2 _____ 3 _____	1.5 miles	-	1x



Lindsay Kizinkewich's

RUNNING READINESS SCALE

*Likelihood of reinjury in runners

Each test last 1 minute duration and perform
reps at 160 bpm 30s rest between each test

All tests are pass / fail: 5/5 possible points

Hopping:

- 4" above raised hands position
- On, forefoot, not landing on heels
- Equal weight through both feet
- Good limb alignment

Plank

- Body in straight line
- Equal weight through all limbs
- Head aligned with rest of body

Step up

- 30 on seconds each leg 6" step
- Proper alignment
- No increase in hip flexion

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RUNNING READINESS SCALE

Single limb squat

- 30 seconds each leg
- Hands on hips
- Maintain balance
- Pelvis level

Wall sit

- Physioball on wall
- Hip and knees in 90-90

*Recommended scoring 5/5 prior to return to running.

References: Wayner, R., 2020. Return To Run: Rehab Management and Progression. Williams, B., 2018. Is Your Patient Ready to Run?