

## RETURNING TO DISTANCE RUNNING

Once you have completed the appropriate phases of rehabilitation, it will be possible to slowly return to running. It is important to return to your previous distances gradually. The following guidelines will help to ensure a safe return to running. You should wear a brace or tape if Dr Lim recommends it for your particular condition.

- \* Before starting running, make sure you can do 20-30 minutes 3-4 times a week on an exercise bike first. After which, if you have access to an elliptical trainer machine, make sure you can do 20-30 minutes 3-4 times a week on the elliptical trainer before proceeding to running.
- \* Make sure you stretch before and after running
- \* Keep the running surface as soft, smooth and level as possible
- \* Emphasize good running form
- \* Ice the involved area (knee, ankle, etc) for 20 minutes after running
- \* Follow the mileage guidelines listed below. Each stage is equivalent to 1 week of training. Do not progress to the next stage if the previous stage caused pain.

		Day							Total km
		1	2	3	4	5	6	7	
Stage	1	1	-	1	-	1	-	2	5
	2	-	2	-	2	-	3	-	7
	3	3	2	-	3	2	-	3	13
	4	4	-	4	3	-	4	4	18
	5	-	5	4	-	5	5	5	24
	6	-	6	5	5	-	6	6	28
	7	6	-	7	6	6	-	7	32
	8	7	6	6	-	7	7	6	39

If you have any questions, call your physiotherapist, or arrange for an appointment to see him or her. If there are any further concerns, please do not hesitate to contact Dr Lim directly for advice.