

## | STRESS FRACTURES – Return to Running |

### | STAGE 1

---

No running / jumping / hopping / impact loading for **6 WEEKS**

Crutches for 3 weeks if sore with walking / standing / night pain

- 1 WEEK NO WEIGHT
- 2<sup>nd</sup> WEEK LIGHT TOUCH ONLY
- 3<sup>RD</sup> WEEK ½ BODY WEIGHT

NON-IMPACT cardio exercises:

- Cycling (seated)
- Swimming
- Deep water running
- Weights in sitting or lying

### | WEEK 3 - 6

---

Walk alternate days:

- 5 mins / day off / repeat
- 10 mins / day off / repeat
- 15 mins / day off / repeat
- 20 mins / day off / repeat

### | WEEK 6 - 12

---

**Jogging Program:**

- 1 minute jog / 1 minute walk X 5 / day off / repeat
- 1 minute jog / 1 minute walk X 10 / day off / repeat
- 2 minute jog / 1 minute walk X 10 / day off / repeat
- 2 minute jog / 1 minute walk X 15 / day off / repeat
  
- 10 minutes continuously / day off / repeat
- 15 minutes continuously / day off / repeat
- 20 minutes continuously / day off / repeat

Run alternate days, increasing time by **10% per week**, e.g.:

- Mon / Wed / Fri = 20 minutes
- Following week: 22 minutes
- Following week: 24 minutes etc.

| Long-term running limit of **25% less than the total km's/week at time of injury.**