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Stress Fracture Return to Running Protocol

Phase/ Goals	Immobilization	Modalities	Therapeutic Exercises
Phase 1 (0-4 weeks) Goals: <ul style="list-style-type: none"> ● Decrease inflammation ● Evaluate bone health ● Vitamin Supplementation 	<ul style="list-style-type: none"> ● Crutches ● 25% weightbearing 	<ul style="list-style-type: none"> ● Mobility program ● Cryotherapy ● Massage 	<ul style="list-style-type: none"> ● Cross training upper body ● Swimming (arms only) ● Low resistance bike
<p>Progression to return-to-running program requires that they transition off crutches and be able to perform ADLs and stairs without pain for 5 days. Cross-training includes swimming with full-body, elliptical, or non-impact cardio exercises Phase 2 guidelines: cross-training or jogging only 3 times per day. Total cardiovascular training time (cross-training + jogging) will be 30 minutes each day If any pain is present, regress the training protocol by 1 week</p>			
Phase 2 (5-12 weeks) Transition to Running	Sessions per week	Cross Training time (minutes per session)	Jogging time (minutes per session)
<ul style="list-style-type: none"> ● Week 1 	2	20, 20	0, 1
<ul style="list-style-type: none"> ● Week 2 	3	25, 30, 29	0, 0, 1
<ul style="list-style-type: none"> ● Week 3 (rest) 	3	30, 30, 30	0, 0, 0
<ul style="list-style-type: none"> ● Week 4 	3	29, 27, 25	1, 3, 5

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• Week 5	3	25, 23, 21	5, 7, 9
• Week 6 (rest)	3	30, 28, 26	0, 2, 4
• Week 7	3	22, 21, 20	8, 9, 10
True Return to Running			
• Week 8	3	15, 10, 5	15, 20, 25
• Week 9	3		25, 30, 35
After this, can increase either number of sessions per week, or time running, but never both in the same week.			