RETURN TO JOGGING AND SPORT

Once you are able to do the following pain-free:

* Walk
* Perform resisted hamstring contractions against the theraband exercise tubing
* Straighten the knee to extend the hamstring muscle fully

You then need to ensure that you can:

* MAINTAIN full hamstring extensibility, BUT DO NOT FORCE A STRETCH
* MAINTAIN full mobility of the nerve structures
* MAINTAIN CV Fitness

**The Running Programme Remember this is only a guide please discuss**

**with your physiotherapist before attempting this.**

Place 4 cones so that a distance of 100m is broken into the following zones:

Commence at 70% of maximum pace

**40m 20m 40m**

Build up to 70% Maintain 70% speed Decelerate down

1. Run through the distance and then walk back to the starting cone
2. Do 2 run through at this distance and then, if this is pain free – bring the cones in by 5m.
3. Do 2 run through at each distance, pausing between every 6 (3 sets) for a 5min break.

Continue this process until you become ‘aware’ of your hamstring. Cease exercising for the day at this point. When you recommence the following day, you need to return to the start of the programme and work through it until you again become ‘aware’ of the muscle. Once you have reduced the acceleration/ deceleration phases to 5metres, repeat the entire process at 90% of maximum pace, and then again at 100%.

This programme should be repeated on a 2 days on / 1 day off basis.

**You are ready to recommence training once you can:**

Complete the running programme Run forwards and backwards

Run up and down hills Slow down and stop suddenly

Jump and hop Cut left and right

Complete all exercises with 100% confidence