

TABLE 4. Protocol for Return to Running After a Hip or Pelvis Injury

Running Time	Modification of Running Program
Missed	
< 1 wk	No modification of preinjury training
1-2 wk	Decrease 25% from preinjury mileage
2-3 wk	Decrease 50% from preinjury mileage first week, 25% second week
≥4 wk	Week 1: Walk 1-2 miles, alternating 1 min fast and 1 min normal pace Week 2: Walk 2-3 miles, alternating 1.5 min jog with 1.5 min walk Week 3: If no pain occurs, substitute 10 min jog every other day in lieu of walk/jog, incorporate rest days as needed Week 4: Same as week 3, but increase jog to 15 min every other day in lieu of walk/jog Week 5: Jog 15 min and alternate with 25 min every other day, incorporate rest days as needed Week 6: Jog 20 min and alternate with 30 min every other day, incorporate rest days as needed Week 7: Jog 20 min and alternate with 35 min every other day, incorporate rest days as needed Week 8: Jog 20 min and alternate with 40 min every other day, incorporate rest days as needed Week 9: Resume training at preinjury level if training errors have been corrected

Adapted from James (27).
 James, SL: Running injuries of the knee. Instr Course Lect 1998;47:407-417