



RETURN TO RUN PROGRAM

TASK: Identify the proper steps and techniques in engaging a return to run program

CONDITIONS: Discussion based environment, slides/teaching slide available

STANDARDS – Understand the proper way to retrain running activity after a break in activity (due to injury or illness) without causing further damage

REFERENCE: FM 7-22



RETURN TO RUN PROGRAM DISCUSSION POINTS

Q:What changes occur when a person is unable to train regularly?

A: Significant losses in strength, mobility, and endurance can happen in as little as 14 days of no training. (FM 7-22, PAR 6-5)

Q: How long should a person have to retrain?

A: In addition to any specific medical direction, a person can take as long as 4 weeks to properly retrain when joining a new unit or after a prolonged break in physical activity. Additionally, soldiers coming off of profiles receive twice the length of the profile, not to exceed 90 days.(FM 7-22, PAR 4-27, 6-2, 6-30, TBL 6-4)



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| Week of Training | Walk | Jog | Repetitions | Total Time |
|--|---|-----------|-------------|------------|
| Week I | 4 minutes | 2 minutes | 5 times | 30 minutes |
| Week II | 3 minutes | 3 minutes | 5 times | 30 minutes |
| Week III | 2 minutes | 4 minutes | 5 times | 30 minutes |
| Week IV | 1 minutes | 5 minutes | 5 times | 30 minutes |
| Week V | Run every other day with a goal of reaching thirty consecutive minutes. | | | |
| <ul style="list-style-type: none"> • Perform the activities for each level every other day. • Spend at least one week at each level. Begin Week V runs with a duration of 15 minutes. • Walk 5 minutes before and after each session. Progress to 30 consecutive minutes of running over the next 2 to 4 weeks. | | | | |

Prior to beginning a running program, a Soldier should be able to walk 2 miles with no pain, and then 2 miles in 35 minutes or less. (Andrews JR, Harrelson GL, Wilk KE. *Physical Rehabilitation of the Injured Athlete, 2nd ed.* Philadelphia: W.B. Saunders; 1991)



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Q:What modifications to PRT may be performed if a person is able to run but is limited by profile?

A:The standard modifications are – reduce MMD1 by 25 to 15 yards, and ensure the soldier limits the activity for proper control. For laterals, decrease the crouch and stepping movements. For verticals, start with minimal air time and gradually progress. For shuttle sprint, ensure the Soldier can negotiate the turns at walking speeds before allowing a run. (FM 7-22, PAR 6-81, 6-88, 6-95, 6-102, 6-109)

Q:Are these modifications the approved standard across the board, for all soldiers?

A: Follow any specific limitations on the Soldier's DA3349. Refer any questions to Master Fitness Trainers or to the profiling provider



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Q: What is an effective technique for retraining running ability and preventing injury?

A: PRT Schedules, as derived from FM 7-22, involve less sustained running than is currently performed in Army Units. Several studies of military units have shown that reduced running frequency and distance does not hinder performance on 2 or 3 mile run assessments, so long as the INTENSITY is maintained. (FM 7-22, PAR 6-14)



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Q: How can leaders prevent further injury or assist in getting Soldiers fully functional?

A: When engaging a Soldier in a reconditioning program for running, Leaders should consider conflicts between the unit training schedule and the PRT schedule. For example, if a 10k foot march is scheduled for Friday, speed work should not be scheduled for PRT on Thursday. Time should be allotted for leg recovery. (FM 7-22, PAR 6-15)

Q: What are the consequences of running too much or too fast?

A: Musculoskeletal injuries account for over half of all disabilities, creating compensation of over 125 MILLION dollars a year. (FM 7-22, PAR 6-9)