

RETURN TO RUN PROGRAM

UP TO
★ 82 ★
PERCENT

OF RUNNERS SUSTAIN AN
INJURY EACH YEAR THAT
STOPS THEM FROM
RUNNING

WARM-UP

SCAN THE QR CODE FOR OUR
RECOMMENDED DYNAMIC
WARM-UP



When Should I Start to Run?



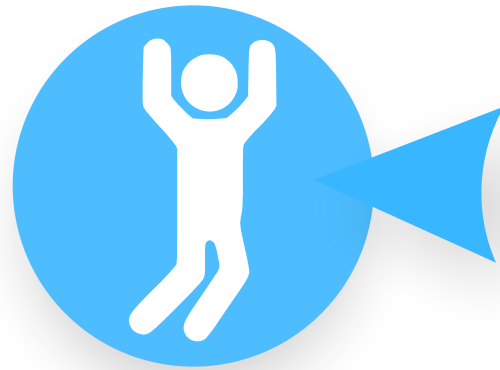
After Clearance by Physician

The first step before returning to run is to get clearance from your physician after injury. This is especially important after a surgery.



Able to Walk Pain-Free for 15 min

Able to walk at a brisk pace for 15 minutes without significant soreness or pain before returning to run.



Functional Strength

Can perform a single leg hop without pain or significant limitation and with adequate form.

NEW OR RETURNING TO RUN

- Level 1:** 7 sets of 2 min run/1 min walk
- Level 2:** 6 sets of 3 min run/1 min walk
- Level 3:** 5 sets of 4 min run/1 min walk
- Level 4:** 5 Sets of 5 min run/1 min walk
- Level 5:** 6 Sets of 5 min run/1 min walk
- Level 6:** 3 sets of 9 min run/1 min walk
- Level 7:** 2 sets of 15 min run/1 min walk
- Level 8:** 20 min run, 1 min walk, 2 sets of 5 minute run/1 min walk
- Level 9:** 30 min run

Love Every Run
**Omega
Project**

SORENESS RULES

- » **Soreness during warm-up that continues** - Take two days off and drop down one level
- » **Soreness during warm-up that goes away** - Stay at same level
- » **Soreness during warm-up that goes away but comes back as session continues** - Take two days off and drop down one level
- » **Soreness the day after** - Take one day off and stay at same level
- » **No soreness** - Advance a level, no more than two levels per week

SPECIAL CONSIDERATIONS

- ! During the first 2 weeks of return to run progression, take 2 days off between runs
- ! After the first 2 weeks of return to run, you can progress to running every other day.
- ! Do not advance more than 2 levels each week.

**MAKE SURE YOU HAVE
GOOD FORM AS YOU
RETURN TO RUN -
NOT SURE WHAT THAT
MEANS?**

**CONTACT US ABOUT OUR 3D
GAIT ANALYSIS SERVICES**



302-570-7027



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Love Every Run **Omega Project**

A personalized and innovative health care experience to get you fast and effective results.

What Services Do We Offer?

- 3D Gait analysis
- Physical Therapy
- Wellness, Movement and Performance Coaching
- Laser Therapy
- TECAR Therapy
- Dry Needling

IF YOU CAN REDUCE THE STRESS OF EVERY STEP BY

★ **10** ★

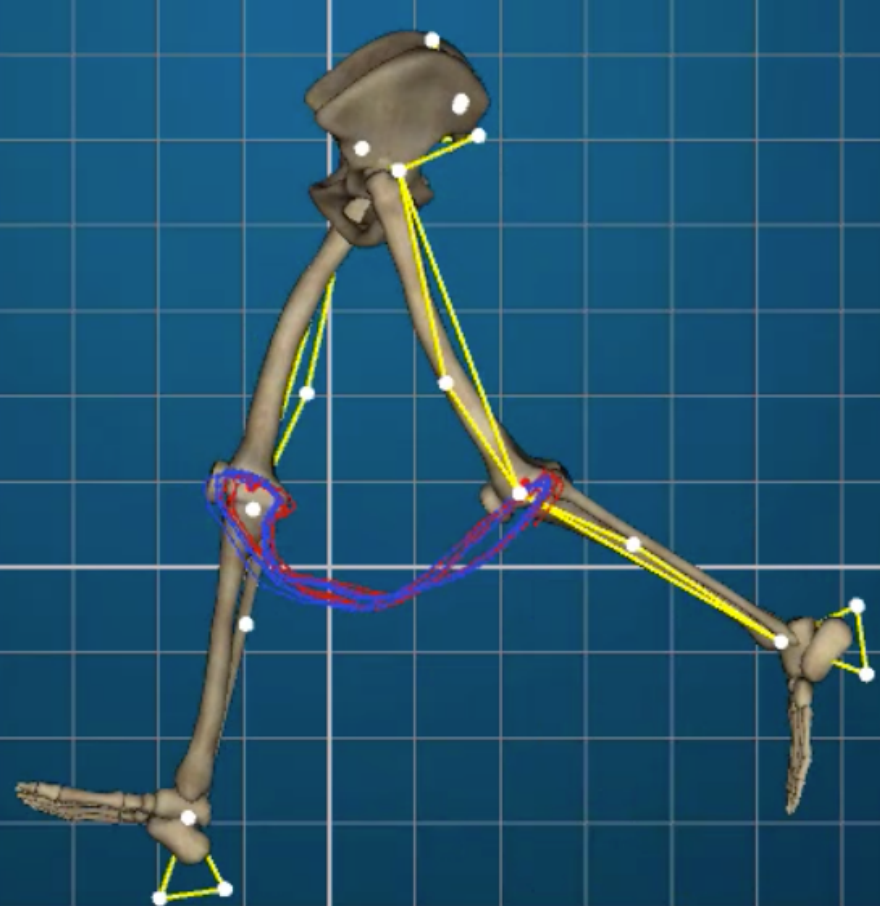
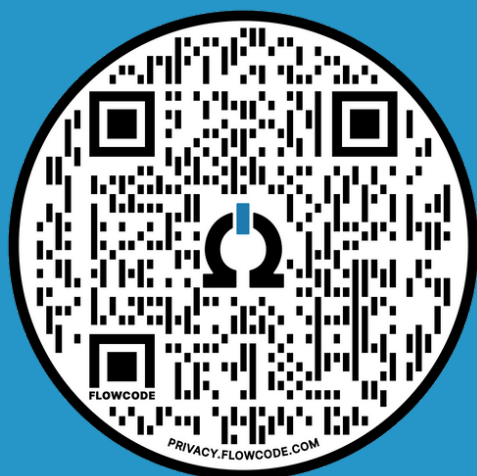
PERCENT

WHILE RUNNING,
YOU CAN RUN

2X

AS FAR BEFORE YOUR BODY BREAKS DOWN.

Schedule Your Free Discovery Visit



BENEFITS OF GAIT ANALYSIS

- ✓ **REDUCED PAIN AND FATIGUE WITH RUNNING**
- ✓ **INCREASED SPEED WITH REDUCED EFFORT**
- ✓ **HIGHER MILEAGE ON SHOES BEFORE THEY BREAK DOWN**
- ✓ **UNDERSTANDING HOW FLEXIBILITY AND STRENGTH IMPACT YOUR RUNNING GAIT**

WE ARE HERE TO HELP!

We specialize in helping athletes run farther, faster, and pain free.



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