

ALTER – G TREADMILL RETURN TO RUNNING PROGRESSION

Week	BW	Walk Pace	Time	Jog Pace	Time	Total Time	Goal
1a	60%	Walk 3.0-3.3mph	1 min	Jog 5.0–7.0mph	1 min	5 bouts or 1 mile	Find comfortable jog pace
1b	60 – 65%	Walk 3.0-3.5mph	1 min	Jog 5.0–7.0mph	1-2 mins	5 bouts or 1 mile	Increase jog time
2a	70%	Walk 3.0- 3.5mph	1 min	Jog 5.0–7.0mph	1-2 mins	5 bouts or 1 mile	Increase body weight
2b	70 - 75%	Walk 3.0-3.5mph	1 min	Jog 5.0–7.0mph	1-3 mins	5-8 bouts or 1.5 miles	Progress distance
3a	80%	Walk 3.0-3.5mph	1 min	Jog 5.0–7.0mph	1-2 mins	5 bouts or 1 mile	Increase body weight
3b	80 - 85%	Walk 3.0-3.5mph	1 min	Jog 5.0–8.0mph	1-3 mins	5-8 bouts or 1.5 miles	Increase jog speed
4a	90%	Walk 3.0-3.5mph	1 min	Jog 5.0–8.0mph	1-3 mins	1-2 miles	Normal running gait pattern
4b	90%	Walk 3.0-3.5mph	1 min	Jog 5.0-8.0mph	2-5 mins	1-2 miles	Increase jog time during bouts

** Running not to be done on back to back days **

** A treadmill incline of 3 – 5 degrees is recommended if it improves running mechanics in the athlete **

Graduated Running Criteria-ACLR

In order to begin Alter G running progression the following must be met by ALL participants in entirety.

Criteria	Range	Definition
ROM	Full Knee Ext Knee Flex within 10	ROM must be documented within ranges prior to onset of Alter G running. Pt must meet all criteria within 5 min of stretching. ROM measurements goals are compared to contralateral side, and are patient specific. If pt contralateral side has marked genu recurvatum work to equalize. Can initiate running once hyperextension greater than 10 degrees is achieved.
Girth	Minimal Effusion	Effusion will be assessed via Stroke Test with a maximum of a trace score to initiate progression. If patient has greater than 1+ DO NOT run and drop down 1 level at next treatment session.
Gait Pattern	Normal gait pattern	Pt must be able to demonstrate normal step through gait pattern with full knee ext on initial contact no limping or pain, and reciprocal step climbing 5 days prior to starting Alter G running progression.
Strength	Quad strength greater than 70%	Pt must demonstrate at least 70% quad strength on affected side compared to contralateral leg via max rep to fatigue or significant loss of technique/pain with eccentric quad dominant step down minimum of 4-inch block. Or 3-rep single leg balance reach test in anterior direction touching with heel. Measure distance from contralateral toe to heel if mat is not present, and take the average of reps with balance reach. Remember to test uninvolved limb first.

*Please consult surgeon if ACL revision or has concomitant injuries such as MCL, PCL, or posterior lateral corner.

Alter G Protocol Soreness Rules:

- If MAJOR pain/soreness/edema after the prior run, or during warm-up, DO NOT run that day and drop down 1 level at the next therapy session.
- If pain/soreness during workout, drop down 1 level for the run that day.
- If minor pain/soreness after the prior workout, stay at the same level for the run that session.
- If NO pain/soreness/edema during or after the prior run, progress per protocol.