



Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

RETURN TO RUNNING PROGRAM

Bryan M. Saltzman, M.D.

Chief, Division of Sports Medicine & Shoulder/Elbow Surgery

Indiana University Health Physicians

Assistant Professor of Orthopaedic Surgery, Indiana University

Sports Medicine, Cartilage Restoration, Shoulder/Elbow Surgery

IU Health Methodist Medical Plaza North (MSK) – 201 Pennsylvania Pkwy #100,
Carmel, IN 46280

IU Health Methodist Hospital – 1801 N Senate Ave, Indianapolis, IN 46202

317-944-9400

www.bryansaltzmanmd.com

Patient Name: _____

Total of 4, 30 minute jogs per week

Week 1:

5 min jog 5 min walk

Week 2:



6 min jog 4 min walk

Week 3:

7 min jog 3 min walk

Week 4:

8 min jog 2 min walk

Week 5:

9 min jog 1 min walk

Week 6:

10 min jogcontinuous