

## The Spaulding National Running Center Gait Retraining Program

Based on your running history, you are being recommended for the SNRC gait retraining program. The information below, describes the retraining process.

### 1. Phase I: Preparation for Running (Pre-Gait) (4-8 weeks – meeting with PT 1-2x/week)

Changing your running gait pattern will place different demands on your lower extremities. The first step is building **the capacity for this new loading pattern**. This, most often, involves strengthening of your feet, ankles and hips, but will be determined on your individual needs. Being compliant with your home program will assist in progressing through this first phase as fast as possible. You will be allowed to continue to run during this phase only if you can do so without pain. Running in pain will likely extend the length of your preparatory phase.

### 2. Phase II: Gait Retraining (4 weeks, meeting with PT 2-3x/week)

You will be provided feedback in several forms to give you information on how to change your mechanics. The feedback will be progressively decreased over time so that you can rely on your own internal cues to achieve the new gait pattern. The dosage of the retraining is critical for both success in changing the mechanics, as well as the persistence of the mechanics over the long-term. **It is important that you can commit to the retraining schedule**. You may be asked to refrain from outside running during the retraining period so that your new pattern can be optimally reinforced.

### 3. Phase III: Running Outdoors (10 weeks, meeting with PT 1x/every 2 weeks)

**You will be provided a 10-week program which progresses you to running 60 minutes independently 3-4 times per week**. You will be asked not to increase your speed or intensity during this period as your body is continuing to accommodate to and reinforcing your new running pattern. We will ask that you return for additional follow-ups at week two and week four in order to video your gait, review your home exercise program and answer any questions that you have. Additionally, you will also undergo a final force treadmill analysis to document your progress. If you have any issues during your follow-up period, we ask that you contact us and we will schedule a visit to see us ASAP.

**The full gait retraining process is an 18-22 week program, including your outdoor phase.** See schematic of program to the right. It takes time to develop, accommodate to and reinforce a motor program so that it becomes automatic. If you are running any races, we will attempt to accommodate to your schedule, however, full gait retraining may not be recommended.

**Remember, once our patient, always our patient. However, we hope our program results in future running without injuries!**

