



Treadmill Option	Track option	Progression Criteria (to be met before start of RTR Program)
<b>Level 1</b>		Symmetrical Knee Extension PROM, > 130 deg Flexion PROM
0.1 mile walk / 0.1 mile jog- repeat 10 times	Jog straights / Walk curves - 2 miles total	No Subjective Complaints of Instability or Buckling
<b>Level 2</b>		3 mm or less AP laxity compared to UNINV side
Alternate 0.1 mile walk / 0.2 mile jog - 2 mile total	Jog straights / Jog 1 curve every other lap	Minimal to No Joint Effusion
<b>Level 3</b>		>70% Limb Symmetry Knee Extension Dynamometry Testing
Alternate 0.1 mile walk / 0.3 mile jog - 2 mile total	Jog straights / Jog 1 curve every lap	>70% Limb Symmetry with Side Plank Hip ABD Testing
<b>Level 4</b>		>70% Limb Symmetry with Single Leg Squat Testing
Alternate 0.1 mile walk / 0.4 mile jog - 2 mile total	Fast Walk 1 3/4 lap / Walk curve	<b>Rules</b>
<b>Level 5</b>		Cannot advance more than 2 levels in a 7 day period (ok to repeat levels)
jog 2 miles		Cannot complete more than 4x in a 7 day period.
<b>Level 6</b>		Two days rest mandatory between levels 1, 2, and 3 workouts
Increase workout to 2 1/2 miles		One day rest mandatory between levels 4-8 workouts.
<b>Level 7</b>		<b>Soreness Rules</b>
Increase workout to 3 miles		If sore during warm-up, take 2 days off and drop down 1 level
<b>Level 8</b>		If sore during workout, take 1 day off and drop down 1 level.
Alternate between running /jogging every 0.25 miles		If sore after workout, stay at same level.