



Lindsay Kizinkewich's Running Readiness Scale

*Likelihood of reinjury in runners

Each test last 1 minute duration and perform reps at 160 bpm

30s rest between each test

All tests are pass / fail: 5/5 possible points

1. Hopping:
 - 4" above raised hands position
 - On, forefoot, not landing on heels
 - Equal weight through both feet
 - Good limb alignment
2. Plank
 - Body in straight line
 - Equal weight through all limbs
 - Head aligned with rest of body
3. Step up
 - 30 on seconds each leg
 - 6" step
 - Proper alignment
 - No increase in hip flexion
4. Single limb squat
 - 30 seconds each leg
 - Hands on hips
 - Maintain balance
 - Pelvis level
5. Wall sit
 - Physioball on wall
 - Hip and knees in 90-90

*Recommended scoring 5/5 prior to return to running.

References: Wayner, R., 2020. Return To Run: Rehab Management and Progression.

Williams, B., 2018. Is Your Patient Ready to Run?