

# Running Readiness Scale

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Examiner: \_\_\_\_\_ Date of test: \_\_\_\_\_

## Purpose

The Running Readiness Scale (RRS) is designed to assess the ability to maintain proper form during activities that mimic running conditions. It helps identify areas for improvement to prevent injuries and enhance performance.

## General instructions

Carefully follow the instructions for each task and ensure the patient maintains proper form throughout the test. Evaluate each task for correct form:

- **Pass:** The patient must maintain good form for 1 minute without breaks in all exercises.
- **Fail:** The patient fails to maintain good form for 1 minute or takes breaks in any exercise.

## Task instructions and evaluation

### 1. Hopping (on 2 feet)

#### Instructions:

Instruct the patient to hop in place on both feet to the rhythm of a metronome. Advise them to position themselves in front of a wall to prevent sideways movement. Ensure they lift their toes slightly off the ground with each hop.

#### Good form criteria:

- Maintain a pace of 160 hops/min
- Hop off toes
- Knees aligned, avoiding knee collapse towards the midline

Result:      Pass      Fail

### 2. Plank

#### Instructions:

Instruct the patient to hold a plank on their forearms and toes, ensuring they maintain a straight line from ankles to head.

#### Good form criteria:

- Body in a straight line
- Equal weight-bearing on left and right feet and forearms
- Neutral head alignment

Result:      Pass      Fail

### 3. Step-ups

**Instructions:**

Have the patient step up onto the box one foot at a time, then step down, following the metronome beat. Ensure they switch the lead leg halfway through the minute.

**Good form criteria:**

- Maintain a pace of 160 steps/min.
- Knees aligned, avoiding knee collapse towards the midline.
- Upright trunk, avoiding excessive forward or lateral lean.

Result:      Pass      Fail

### 4. Single-legged squat

**Instructions:**

Have the patient stand on one foot, with the opposite foot lifted off the ground in front. Instruct them to perform a mini-squat with each beat of the metronome, ensuring they switch legs halfway through the exercise.

**Good form criteria:**

- Maintain a pace of 80 beats/min (down on the first beat, up on the second)
- Maintain balance
- Level hips

Result:      Pass      Fail

### 5. Wall sit

**Instructions:**

Instruct the participant to position a stability ball behind their lower back against the wall. Direct them to squat down until their thighs are parallel to the ground and maintain this position for 1 minute.

**Good form criteria:**

- Thighs parallel to the floor
- Upright trunk, avoiding excessive forward or lateral lean
- Equal weight-bearing on left and right feet

Result:      Pass      Fail

**Overall result**

Ready for running activities:      Yes      No

**Healthcare professional information**

Name and signature:

Date:

## Additional notes

## Reference

Harrison, K., Williams, D. B., Darter, B., Sima, A., Zernicke, R., Shall, M., & Finucane, S. (2023). The Running Readiness Scale as an assessment of kinematics related to knee injury in novice female runners. *Journal of Athletic Training*, 58(2). <https://doi.org/10.4085/1062-6050-404-21>