

STRETCHING EXERCISES

Most running injuries come from a muscle imbalance. Stretching helps the muscles stay within the proper balance, thereby reducing injuries.

Stretches should be done when the muscles are warm.

It is most important to stretch after activity but some people find benefit of stretching before activity. (If you choose to stretch before your run please be sure the muscles are warmed up first.)

Stretches should be held for 20-30 seconds and repeated at least 3 times.

You should never bounce on a stretch.

A stretch should never hurt but feel like a slight pull.



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Hamstring

>

Foot of bent leg resting at opposite knee
Head & shoulders up
Lean straight forward at waist



Short Abductor (groin)

>

Feet together
Head & shoulders up
Lean straight forward at waist



Glutes One (your butt)

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Sit cross legged
Head and shoulders up
Lean straight forward at waist



Glutes Two (your butt)

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Knee toward the same shoulder
Hug your leg



Seated Piriformis

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Sit with foot resting on the opposite knee
Lean straight forward keeping the head up and back straight



Piriformis (deep in butt)

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Foot on opposite knee
Grab bottom leg...relaxed upper body
Pull leg toward chest



Psoas (hip flexor)

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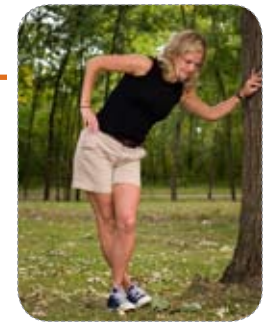
Front knee directly over ankle
Back leg back 45 degrees
Body upright...
Drop hips down to floor



Glute Med/ Lateral Chain

>

Cross leg over side to be stretched
Push hips to that side



Gastrocnemius (outer calf)

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Heel on the ground
Knee straight
Lean hips into wall



Soleus (deep calf)

v

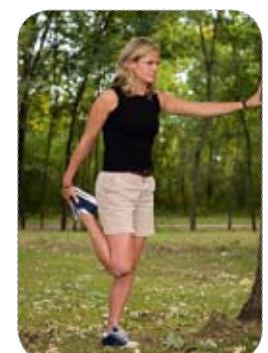
Heel on the ground
Knee bent
Lean hips into wall



Quads

v

Hang on to shoelaces of shoe
Pull heel toward your butt
Keep body upright



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