

# Basic Stretching & Strengthening Exercises for Runners

Please consult a Health Care professional before beginning any new exercise program.



**Hamstring Stretch** – to stretch the length of hamstring & calf. Place hands behind thigh of leg being stretched. Keep opposite leg flat on the ground. Bring the toes back toward the head and slowly straighten the leg. The goal of the stretch is to straighten the leg as far as stretch allows while keeping toes back and knee straight. Hold stretch 30 seconds and repeat 3 times on each leg.



**Hip Flexor Stretch** – Begin by kneeling on one knee. Keep back straight and chest out and slowly lean forward keeping knee in contact with the ground. This stretch should be felt from lower abdominals down in to the quad. Hold for 30 seconds and repeat 3 times on each leg



**Quadriceps Stretch** – Bring one heel towards the buttocks while holding the foot with the hand on that same side of the body. Your knee should be pointing toward the floor and your back should be straight with abdominals tight. Hold 30 seconds and repeat 3 times each leg



**Gastrocnemius (Calf) Stretch** – Begin by standing facing the wall with one leg in front of the other. While keeping your back leg straight and your heel on the ground, place your front foot against the wall and lean forward. This should be felt through the lower leg from the heel into the back of the knee. Hold this stretch 30 seconds and repeat 3 times on each leg.



**Soleus (Calf) Stretch**– Begin by positioning yourself similar to the gastrocnemius stretch but your back knee will be bent instead of a straight leg. Hold this stretch 30 seconds and repeat 3 times each leg



**Figure Four Gluteal Stretch** – Begin by lying on your back with your right leg crossed over your left knee. With both hands grab behind the left knee and bring the leg back toward your chest. This stretch should be felt in both glutes but a stronger stretch should be felt in that leg which is crossed over. Hold this stretch for 30 seconds and perform it 3 times. Repeat with left leg crossed over right knee.



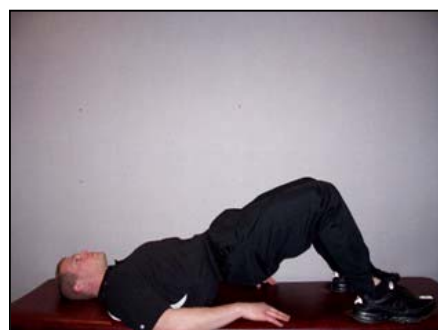
**Seated Piriformis Stretch** – Begin by sitting with right leg crossed over the left with your knee bent. Grab your leg with both hands and pull the knee toward your chest. This stretch should be felt along the outside of the leg and into the buttocks. Hold this stretch for 30 seconds and repeat 3 times on each leg.



**Single Leg Balance** – Start on one leg, with abdominals tight, chest up and head facing forward. Bring opposite leg parallel to the floor with a bent knee. Hold for 30 seconds and repeat 3 times on each leg. If this is too easy – try performing exercise with the eyes closed



**Body Weight Squats** – Start with feet shoulder width apart, arms straight out in front of you and body straight with abdominals tight. Slowly bring body down into a squatting position. Keep weight back on heels without letting your knees go over your toes. Perform this exercise 10 times repeating this 3 times overall



**Hamstring Bridges** – Begin by lying flat on your back on a flat stable surface. With your knees bent bring the buttocks and low back off the ground in a bridged position using the glutes and hamstrings. Keep head, shoulders, and arms flat on the ground and hold this position for 20-30 seconds. Repeat this 3 times



**Abdominal Planks** – Begin in a push up position on a flat stable surface. Press up on to your elbows and toes and hold body in plank position using tight abdominals to keep back flat. Make sure to keep your head looking forward and do not allow hips to dip toward the ground. Hold this stretch for 30 seconds and repeat 3 times.



**Side Abdominal Planks** – Begin by lying on your side on a flat stable surface. Raise hips and legs on the ground keeping your weight on your elbows, forearms and the outside of your foot. Keep your body straight by tightening your abdominals and keep head and chest facing forward. This should be held for 30 seconds and repeated 3 times on each side.



**Single Leg Calf Raise** – Begin on one foot with opposite knee bent and slowly raise up on toes on that foot. Repeat 20 times a set and perform 3 sets on each leg

## Injury Hotline 1.877.MOBL.MED (877.662.5633)

If you have questions or concerns regarding the treatment of common injuries or conditions, including running injuries, you are invited to call our Clinical Team.

If we don't answer IMMEDIATELY - Leave a detailed message, including a convenient time you can be reached and we WILL call you back within 24 hours.

We can even help you arrange an appointment with an area physician.