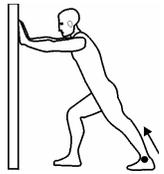


# Running Stretches

w w w . o t t a w a o s t e o p a t h . c o m

- If you have any back or neck pain consult your doctor, athletic therapist or other trained health care provider before trying any of these stretches.
- You should not experience any pain *during* these stretches. Always go into each stretch slowly and gently, stop when you feel a *mild* pull.
- **Hold each stretch for 30 seconds. Repeat each stretch 3X (each side).**
- Stretch often and regularly to increase your flexibility and prevent injury...before runs, after runs, and many times between runs.

## Calf



**Gastroc:** One foot in front of the other, with the back knee straight, front knee bent. Lean into the wall while pushing the back heel into the floor. You may add a small towel roll under the ball of the foot to progress this stretch.



**Soleus:** Same position and movement as

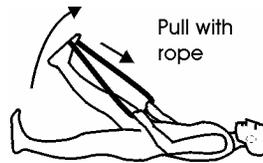
Gastroc, but drop the back knee towards the floor.

## Hamstrings

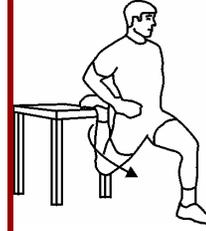


Place one heel on a surface about knee height (higher as flexibility increases). *Without* bending forward, push your hips back and point your toes towards you. Feel a stretch in the back of the thigh or knee.

Alternative: use a rope hooked around one foot to draw the straight leg towards up. Keep the opposite leg straight on the floor.



## Hip Flexors



Stand tall with one foot propped directly behind you on something thigh height. Lower down using your stance leg. Keep the pelvis in a neutral position (think about tucking your tail bone under). Feel this stretch in the front of the pelvis and thigh. This stretch can be done *dynamically* by returning to the start position, lowering again, and repeating 10-15X.

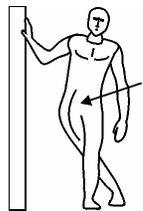
## Quads



Grasp one ankle and pull it back towards your butt.

Stand tall; do not let the pelvis tilt forward (tuck your tail bone under).

## ITBand



outer edge.

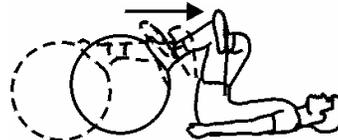
Stand with the leg closest to the wall crossed behind the other. Push the hip towards the wall while slightly leaning away from it. Increase the stretch by tilting the back foot on its

## Glutes



exercise ball. Slowly pull the ball in/out 10-15X.

Lie with one ankle crossed over the opposite knee. Pull the knee towards your chest. You may use a rope/towel to help reach. This stretch can be done *dynamically* by using an



## Groin

Place feet wide apart. Lean to one side leading with a bent knee. Hands rest on this thigh while you feel a stretch in the opposite/outstretched leg. Elevate the foot on the stretch leg to progress this stretch.



## Flank, Shoulders

Stand with feet a little more than shoulder width apart. Lift one arm up overhead while leaning to the opposite side.



## How stretching helps:

- Helps prevent musculoskeletal injury.
- Maintains & improves range of motion at the joints.
- Relieves muscle tension, aches & pain.
- Promotes better posture and overall wellbeing.
- Reduces stress.