

Running Clinic Stretches

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Repeat 3 Times Hold 30 Seconds Complete 1 Set Perform 3 Time(s) a Day Calf stretch

Keep back leg straight and heel on floor, lean into wall until a stretch is felt



Repeat 3 Times Hold 30 Seconds Complete 1 Set

Perform 3 Time(s) a Day

Hip Flexor Stretch

While kneeling, lean forward and bend your front knee until a stretch is felt along the front of the other hip.



Repeat 3 Times Hold 30 Seconds Complete 1 Set Perform 3 Time(s) a Day IT band stretch

Cross the uninvolved leg over the involved leg. Then lean to the involved side until a stretch is felt over the outside of the involved hip.

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Repeat 3 Times Hold 30 Seconds Complete 1 Set Perform 3 Time(s) a Day Hamstring Stretch

Standing with leg on table or chair. Keeping back straight, slightly lean trunk forward until stretch is felt behind leg that is on table/chair.



Repeat 3 Times 30 Seconds Chest Stretch

Stand in corner or doorway with arms up and out and back straight to stretch chest area

Hold Complete 1 Set Perform 3 Time(s) a Day



Repeat 3 Times 30 Seconds Complete 1 Set Perform 3 Time(s) a Day Table Hip Flexor Stretch

Lying near side of table, let involved leg hang off table to stretch the front of hip and thigh area.