



## STRETCHES FOR RUNNERS

### Hamstring Stretch



With one foot in front of the other, make sure that the belly button is facing the floor to stop pelvis rotation, push the chest and bum out, curve the spine and bend forward with the knee extended. Hold for 10 seconds.

### **Double Hamstring Stretch**



Sitting on the floor as shown in the diagram, keep the back flat and bend from the waist to touch the toes. In order to increase the stretch, point the toes, flex the toes, then bend at the waist to touch the toes again. The muscular contraction increases the range of movement.



### Rectus Femoris Stretch



In the position illustrated, place the left knee on the mat and right foot forward. Using the left hand to hold the foot, flex the knee, push the hips forward and keep the torso upright. Hold the stretch for 10 seconds.

### Quadriceps Stretch



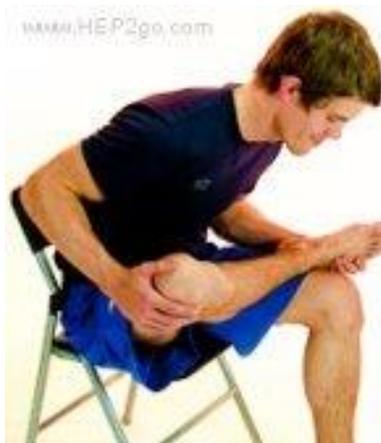
Standing balancing on the right foot, use the left hand to pull the left foot towards the left buttock. Then push the hips slightly forward and hold for 10 seconds.

### Glut Stretch

Lie flat on your back, place the left heel over the right knee as shown in the illustration. Grasp under the right knee and pull towards the chest.



### Glut Stretch



Sitting on a chair with the right heel on the left knee. Push the right knee towards the floor, then try to place the forehead on the right lower leg. Hold for 10 seconds.

### Tibialis Anterior Stretch



Take the position illustrated, then make sure that there is a straight line from the big toe through the foot and into the heel and lean back. If the ankles curl outwards the stretch is reduced. Hold for 20 seconds.

### Tibialis Anterior Stretch 2



Using a foam roller or a rolled up towel, make sure that the big toe and heel of the foot are in line and then sink your pelvis towards your heel. Hold for 20 seconds and repeat.

### Flexor Digitorum Longus Stretch



Put your hands against the wall, place the left foot behind the right. The left heel should be pushed towards the floor, both knees are bent and then push the hips forward.



### Adductor Stretch



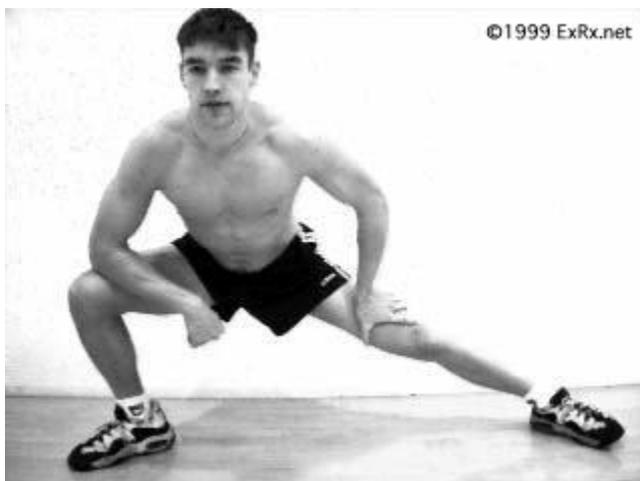
Sitting in the position illustrated, places the soles of the feet together and bring the heels towards your groin. Push the knees towards the floor and hold for 20 seconds. You can also use your elbow to push your knees down further.

### Straight Leg Adductor Stretch



Sitting in the teddy bear position, with legs straight, make sure that the spine is straight and then lean forward between the legs and hold for 20 seconds. You can also reach for each leg in turn.

### Standing Adductor Stretch



With the weight on the right leg, keep the left leg straight and then bend the right leg. The stretch will be felt in the left adductor area. Hold for 20 seconds then repeat on the other side.

### Hip Flexor Stretch



Assume the position shown in the diagram, push the hips forward and keep the torso upright.

### ITB Stretch



Leaning on a wall or sofa, cross the right foot over the left and keeping the torso upright push the hips towards the floor. Hold for 20 seconds and repeat.

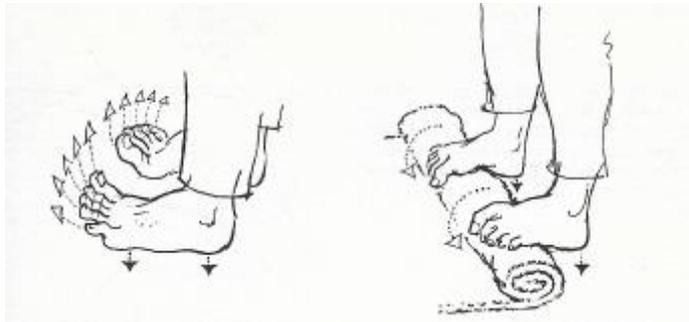
### ITB Stretch



With the right foot crossed over the left foot and the head over the left foot, push the hips to the left and hold for 20 seconds.

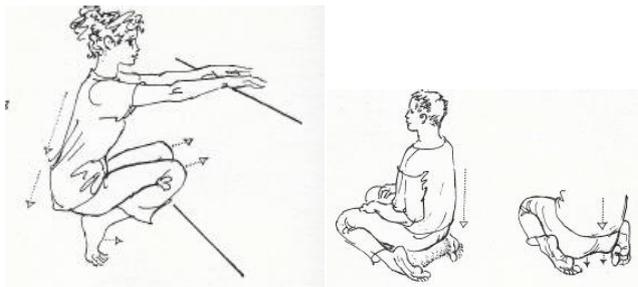


### Foot Roll



Spread your toes and lift them to the ceiling. Keep on the balls of your feet. Then place a rolled towel under your feet, keep your heels on the floor and then grip with your toes.

### Toe Squat Series



Take up the squat position, lift your heels as high as you can by bending the joints of your toes.

Sit between your feet with a rolled up towel under you pelvis. Roll your calves outwards with your hands, your toes should be pointing towards each other. Then let your pelvis sink down to the floor.

### Wringing your Feet



Use both hands to wring out your feet, twist and manipulate the joints at each level.

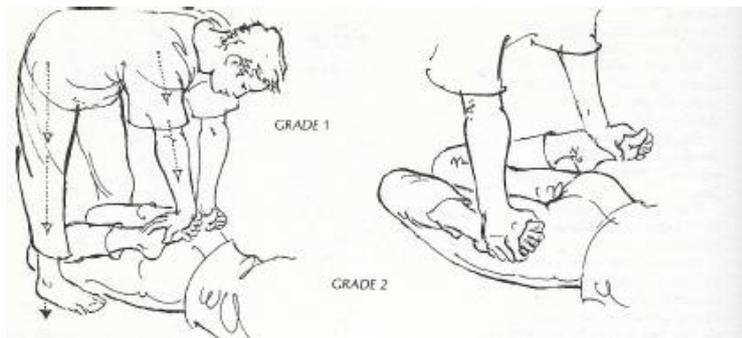


### Partner Foot Pressure



Lying in the illustrated position, your partner stands in the arches of your feet, using their heels to massage and loosen the joints. The standing person rocks and gently moves to make the joints work, listen to your partner about the degree of pressure used.

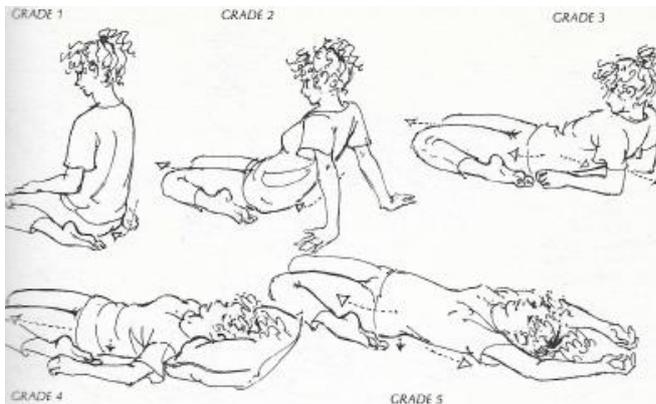
### Partner Ankle Plantar Stretch



Lying in the prone position, with the partner holding your feet, gently push the feet towards the pelvis. Use gentle oscillations to increase the range of movement. In order to increase flexibility, take the feet outside the line of the legs and continue.

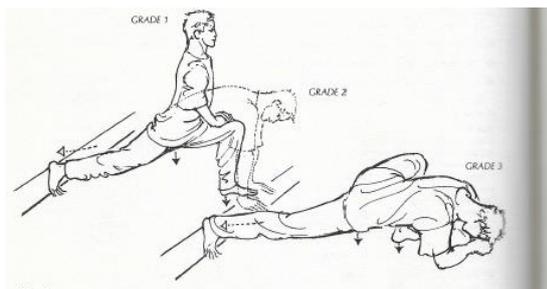


### Lying Knee Flexion



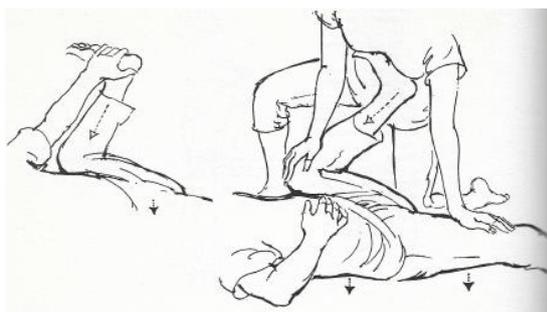
Start by sitting on your heels as illustrated, this might be enough of a stretch for some people. However the aim is to move through the grades to find your level of ability. Roll the calves out so that you pelvis can sink between your feet. Finally you can lower your torso towards the floor.

### Lunge



Push the right foot against the wall and extend the leg and hip. Lower the groin towards the floor. Then lower your torso towards the floor and place the arm on the floor inside the feet.

### Hip Adductions and Flexion



Assume the position illustrated, then pull the left heel outwards, opening out the hip. You can use a partner to assist with this stretch if necessary.