



Presents
Isolated Stretching for Running

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Stretching for Runners

Consider these important elements of Stretching:

- Keep the body in Balance
- Do dynamic stretching to warm up the body and simulate activity as there is no recent, good research promoting the use of stretching prior to an activity
- Elongate muscles on your cool down
- Stretch all tissue in the body, not just muscles
- Strong and tight muscles will cause injuries as time goes on
- Stretching should not feel painful
- Hold stretches for the length of time that it needs to get to the brain and then back down to the area of injury
- The body needs to be well lubricated for the muscles to move and stretch – drink more water
- There are many different types of stretching: Hold-relax is the most commonly performed stretching by runners – Try Contract-relax
- Most general stretching incorporates more than one joint and muscle – Learn how to isolate particular muscle groups to see more benefits!

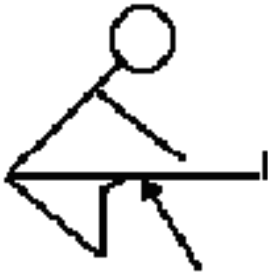
These are a few of the exercises commonly prescribed to a runner with a stereotypical runner's stance and posture:

- tight and strong chest muscles
- slightly rounded upper back and forward posture
- tight and weak or strong lower back muscles
- well developed buttock muscle
- tight and strong hip flexors
- well developed quadriceps, more typically on the outside of the leg
- well developed and tight calf muscles
- weak deeper buttock muscles
- weak hamstring muscles at the back of the leg
- weak anterior muscles in the shin
- sometimes weak muscles in the foot

LOWER BODY STRETCHES

Hamstring

- sit with leg extended forward
- arch back upright
- bend only at the hips
- bend toes towards the ceiling

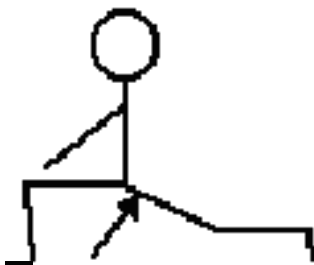


Iliotibial Band

- kneel on one knee
- rotate back foot toward body
- posterior pelvic tilt
- lunge forward if needed

Hip Flexor

- standing put your foot on a chair
- lunge forward keeping your back upright
- posterior pelvic tilt can be added



Quadriceps

- standing, grab your ankle with your opposite hand
- ensure your knee is close to your other leg and behind you

