

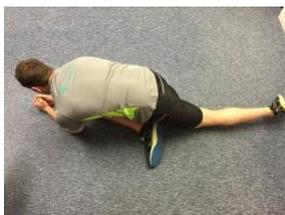


YourPhysioPlan.com

It's All About You

Stretches: The following stretches can be performed 3-5 times per week post run or gym workout to maintain length in several major muscles groups used by runners.

Strengthening exercises performed without regular stretches to maintain the muscle length will cause adaptive shortening and limit performance in the gym/ sport/ daily life.



Gluteus Medius Stretch:

A sustained stretch for a muscle commonly tight in the average gym goer.

1. Start in a press up position, and then pass one leg diagonally underneath you.
2. Rest your weight down onto your elbows and down through the knee directly under your stomach.
3. Try to get as flat to the floor as you can.
4. You should feel the stretch deep within the Gluteal region of the bent leg. Hold this for 30 seconds and repeat 3 times on each leg.

You should not feel a pain with this stretch, however you will experience a tightness/discomfort.

If you suffer from hip related problems avoid this exercise.



Hamstring Stretch (Seated):

One variation of the commonly used hamstring stretch.

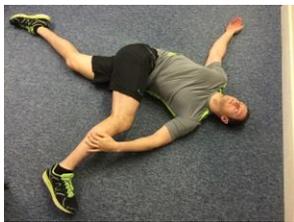
1. Sitting on the floor, keep one leg straight (which will be stretched)
2. Bend the other knee to 90 degrees (for stability). Keeping the knee of your straight leg locked out reach down towards your shin in the direction of your foot.
3. Maintain a neutral spine and avoid flexing at the lower back, a common mistake as this will not isolate the hamstring muscles. reach as far down your shin towards your toes as you can and hold. Hold this for 30 seconds and repeat 3 times.

The hamstrings are a group of muscles susceptible to shortening due to a high proportion of people spending long periods of time at work in a seated position.



YourPhysioPlan.com

It's All About You



Lumbar Spine Rolls:

Keeping the lower back flexible is key to achieving good quality daily movement and is important in warming up the muscles before performing core exercises (abdominal curls, planks) any compound gym exercises , and running sets.

1. Lying flat on your back bring one leg over by rotating your hips, whilst keeping your shoulders flat on the floor.
2. Pull this leg towards your shoulder with your arm.
3. Hold the stretch for 30 seconds, repeating this 3 times on either leg.
4. Extend the opposite arm to maintain a counter balance.

This exercise can be used as a dynamic exercise whereby you do not hold the position but go from one side to the other in a smooth controlled manner for approximately 30 seconds.



Iliotibial Band Stretch:

The iliotibial band is a structure on the outside of the thigh that can become tight as a result of running and cycling for periods of time.

Maintaining the length of the ITB can help reduce the friction around the knee and prevent the onset of knee pain.

1. Stand with your weight on one leg, while passing the other leg behind and across your midline.
2. With the same arm take it above and over your head with a slight side flexion of the torso added.
3. Hold the stretch for 30 seconds and repeat 3 times on either side.



YourPhysioPlan.com

It's All About You

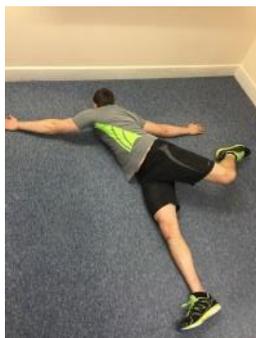
Activation Exercises: The following activation exercises can be performed before any run or gym based workout regime. This will produce increased blood flow and flexibility giving more efficient muscle activity helping to reduce the risk of injury and increase performance.



Gluteal Kick Backs:

An exercise designed to activate the gluteal muscles utilising control and good technique over power.

1. Kneeling on all fours with knees and hands evenly spread (approx. shoulder width).
2. Maintain a bent knee to 90 degrees, kick heel back towards the ceiling so that sole of foot is facing the ceiling.
3. Keep hips square and your back flat, pausing for 2-3 seconds at the top of the movement. Slowly lower your knee back to the ground and repeat the movement.
4. Perform this 10 times on each leg.



Prone rotation extension:

An exercise to activate the hamstrings, gluteals and lumbar spine muscles.

1. Laying on your front dynamically flick your leg from one side over the other lifting your foot towards the opposite shoulder.
2. Return your leg to the starting position and repeat the movement with the other leg. Complete 10 repetitions on either leg.

Keep the movement controlled throughout and work to your limits. Over time you will be able to work through a larger range of movement.



YourPhysioPlan.com

It's All About You



Hamstring:

An exercise requiring a gym partner to activate the hamstrings before performing any compound exercise or isolation hamstring exercise.

1. Laying with your back flat on the floor, keep one leg straight, and the other to be held at 45° by a partner.
2. Gently push your heel into your partners hands with 5-10% of your strength, while your partner pushes it away from them, back towards your head.
3. Once your leg has been pushed away use your hamstrings and gluteals to 'throw' it back into your partner's hands. Repeat 10 times on each leg.

This is a controlled exercise that should be performed with care to avoid injury to the hamstring complex.



Quadriceps:

Squat- A common gym exercise can be used for activation with bodyweight only.

1. Squat – with your feet shoulder width apart and your feet slightly turned out sit your hips back as if you are sitting back onto a bench, gliding your knees over your toes.
2. Aim to weight bear through your heels, helping to activate your Gluteals, ready to fire your Quads in order to return you to a standing position.
3. Slowly lower yourself again and repeat 10 times.

This exercise can alternatively be performed against a wall.



YourPhysioPlan.com

It's All About You



Squat sit/ Scapula Control:

A combination of a squat and a scapula control.

1. Sit into a half squat position with your elbows in line with your ribs.
2. Keeping your elbows still, pull your shoulder blades back and together.
3. Hold for 5 seconds and repeat 10 times.

A great exercise for improving posture and form, and activating the myofascial trains used in running.



Theraband hip extension:

A great exercise for activation of the gluteal muscles.

1. Attach a theraband to an immovable object in front of the leg being exercised positioned slightly above hip level.
2. Place the mid foot into the loop of the theraband whilst stabilising on the opposite leg (squeeze the bottom of this leg and maintain core activation).
3. Keep strong in the stabilising leg and kick back with the exercise leg keeping a slight bend in the knee. Aim for around 10-20 degrees extension.
4. Keep a neutral spine whilst maintaining a slight forward lean.
5. Return to start position and for between 8-12 repetitions.

Can be used in isolation or as a warm up exercise before performing more compound exercises such as squats/ leg press, or interval runs.

Gluteal strengthening can take pressure off of the Erector Spinae muscles in the lower back and be a good preventative exercises for lower back pain.



YourPhysioPlan.com

It's All About You



Bent over fly:

A nice alternative to the traditional dumbbell fly.

Using a resistance band wrap it around a heavy immovable object on the floor.

Hold the theraband at each end maintain a neutral spine and a slight forward lean.

With the elbows extended and hands close spread the arms and bring elbows in line with the upper body.

Feel the resistance in the mid back maintaining good balance. Return to the start position.

Excellent for scapula setting and mid/ lower back Strengthening.