

FIT F  R LIFE

PHYSICAL THERAPY

Runners and Walkers 10

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FIT FOR LIFE

PHYSICAL THERAPY

There are several components of the Marathoner In Training comprehensive program for healthy Running & Walking:

- Training tips--from your pace coaches
- Proper shoe fit--from a Fleet Feet + FrontRunner outfitter
- Recovery/cross training assistance--from Fit For Life Physical Therapy
- Differentiating pain from injury--from a sports medicine physician

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PHYSICAL THERAPY

Runner's and Walker's Ten

- These are our ten Fit For Life Physical Therapy exercises that can help prevent or address common runner or walker problem areas
- Scroll down to see images to help you understand how to perform each of them
- If you have any questions, please contact Fit For Life Physical Therapy at (614) 981-1979 or www.fitforlifephysicaltherapy.com

Fit For Life Physical Therapy Runners 10

1. Straight Leg Raises – Flexion & Abduction



2. Hip Hikers



Fit For Life Physical Therapy Runners 10

3. Steamboats – Four Directions, Both Legs



Fit For Life Physical Therapy Runners 10

4. Step Downs & Heel Raises



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5. Vector Reaches



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6. Low Back Core – Bridge with Knee Extension



7. Clam Shells



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8. Abdominal Core – Plank & Side Plank



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9. Grab-A-Pens



10. Stretching – Achilles



Fit For Life Physical Therapy Runners 10

10. Stretching – Hamstring & Piriformis

