

FIT F R LIFE

PHYSICAL THERAPY

moving people.

Runners & Walkers 10
Injury Prevention Routine

Runner & Walkers 10

- Everyday runners and walkers just like you are overloaded with information on several running & walking topics, including workout ideas, stretching, strengthening, and injury prevention exercises.
- Fit For Life Physical Therapy clinicians have decades of experience reviewing this information, studying current research, and applying it daily to sports medicine patient care.
- During our years of working with runners & walkers, FFL has compiled the 10 exercises that we use most frequently to assist with runner & walker injury prevention and recovery. Now you get to learn all ten!

1. Hip Flexor

- Straight Leg Raises – Flexion



Keep knee straight and motion slow and controlled

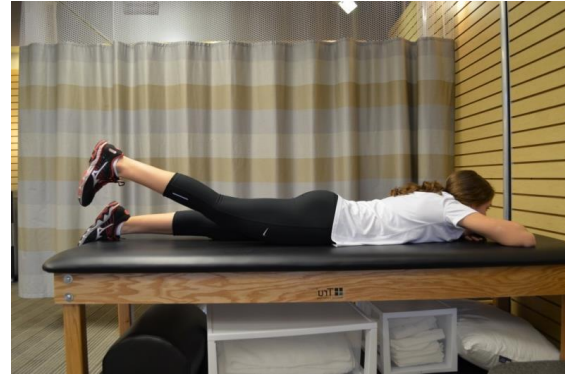
- Hip Flexor Stretch



Keep neutral pelvis position and shift hips forward

2. Glutes

- Straight Leg Raises – Abduction and Extension



Don't let foot point towards ceiling

- Clamshells



Don't let hips roll back

- Piriformis Stretch



Adjust position of knee and ankle so that stretch is felt in buttock region

3. Adductors

- Straight Leg Raises – Adduction



Slowly raise bottom leg up and down

- Adductor Stretch



Keep feet pointed straight and lunge to the side until gentle stretch is felt in inner thigh

4. Hamstrings

- Bridge Walkout



Dig heels into ground and take 4-5 small steps forward, then back

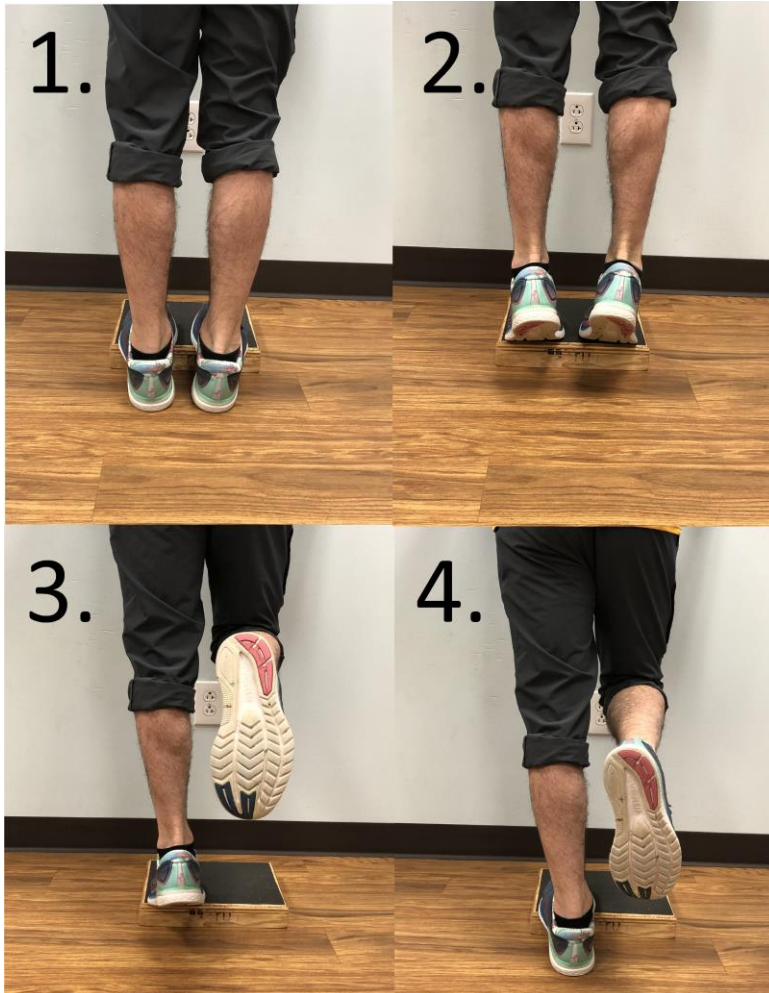
- Hamstring stretch



Hold this position and try to straighten the knee

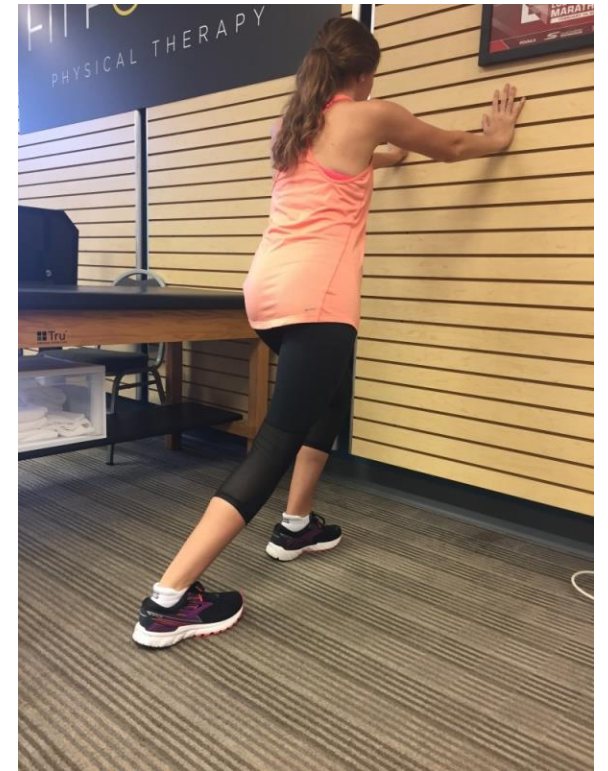
5. Calf

- Eccentric Heel Raises off step



Keep motion slow and controlled

- Calf stretch (knee straight + bent)



Keep toes pointed straight

6. Core

- Leg thrusts



- Plank + side plank



Keep back flat

7. Single Leg Stability - 1

- Step downs



Gently tap heel to ground and don't let knee collapse inwards

8. Single Leg stability - 2

- Steamboats



Keep glutes and core engaged
and motion slow and controlled

9. Single Leg stability - 3

- Grab-a-pen



Keep slight bend in knee,
keep shoulders and hips
pointed forwards, and slowly
bend forward

10. Single Leg stability - 4

- Hip Hikers



Keep knee straight, drop hip, and slowly raise back up