

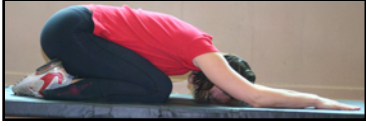


Top 6 Specific Stretches For Runners

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Questions or comments? Email them to Marci at marcilall@theurbanathlete.ca

1 Childs Pose



- Sit your hips back into your heels and extend your arms forward. Rest your forehead on the floor.
- Take deep breaths and relax your head, neck, shoulders and face.

5 Abductor Stretch With Band



- Lie on your back and place a band on the arch of one of your feet. Hold the band with the opposite hand.
- Slowly extend your leg out to the side while keeping your shoulders and arms connected to the floor.

2 Downward Facing Dogs



- Position yourself on all fours. Keep your tailbone lifted towards the sky and gently push down through your heels. Open your upper back by rotating your shoulder blades away from each other.
- Pull your belly button into your spine and lift your pelvic floor muscles. Drop your ribcage down towards the spine.

6 Kneeling Hip Flexor Stretch

- In a one leg kneeling position, slowly shift your weight forward until you feel a slight stretch in front of your hip.
- To increase this stretch you can use your hand to push on your hip. Hold and repeat on the other side.

3 Seated Spinal Stretch



- While in a long sitting position cross one leg over the other.
- Hug the leg that is crossed over into your chest and have your opposite hand on the floor for support. Repeat on the other side.



4 Standing Wide Leg Forward



- Have your feet wide apart, toes facing forward, and hands on the floor with a straight spine.
- Gently push down through your feet while maintaining a neutral spine. **Ideal way to perform this movement is on the floor using a strap to help lift the chest and pull the torso forward.**

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