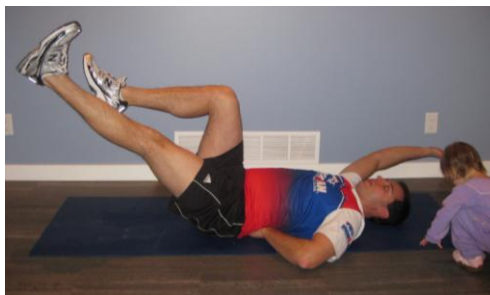


# Running Pre-Hab

This is by no means a complete list but more of a guide although a long one. These are quick, simple and most bang for your buck exercises because you would rather run than do exercises. Although this many pages hardly seems “quick”

## Dead Bug-“for the core”

Lie on the floor. Put hand in small of back and push into hand. **Don't let spine extend ie come off your hand.** Raise knees to 90 degrees and touch opposite hand to opposite knee. Raise right hand over head while extending left leg to approx 45 degrees not letting spine come off hand. Do 10 per side then switch legs.



**Don't arch your back!!!** Maintain your spine in neutral ie perform abdominal brace

Use opposite arm and opposite leg touching them in the middle. Add medicine ball and/or foam roller for increased difficulty. Or add a baby.

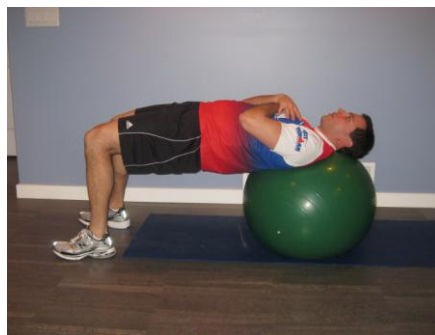


or a medicine ball with some rotation



Basically you want to strengthen gluts because research has shown it can be effective in the treatment and prevention of the most common running injuries.

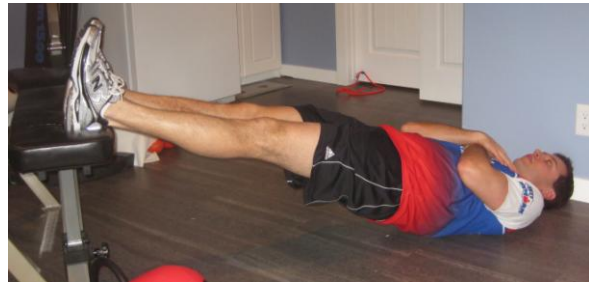
### **Glut Bridge—SUPER IMPORTANT!!!**



Lie on your back with your knees bent and your feet flat on the floor. Place your arms at your sides, palms facing down or across your chest. Squeeze your gluts and slowly raise your butt off the floor until your body forms a straight line from your knees to your shoulders. Squeeze your butt together like holding a coin between your cheeks. Hold this position for 2 to 5 seconds, then slowly lower yourself back down to the floor and repeat the move as many times as you can. Try 30-50 from floor then you can go to ball or to bosu



Or perform straight leg



If you feel a cramp in your hamstring, you are not using your gluts enough so actively and consciously contract your gluts ie pelvic thrust. Also, be careful not to use your lower back (lumbar spine) to lift the pelvis off the ground

### With Band around knees

Push out into band then do pelvic lift squeezing gluts and holding for 1 full second



## Buchberger open chain hip series



Start position for all exercises-your head spine and sacrum are touching the wall and they do not leave the wall...ever!!

As you lift leg you must squeeze your gluts and push your hips forward before lifting your leg. That is, perform a pelvic thrust and hold it for the entire circuit of exercises. Hold each end position for 1 second.

Begin with 5 sets of each exercise doing a complete set. Do the circuit 2 x. Then add reps till 10.

### Short arc abduction



Pelvic thrust. Don't lift too high-short lift-put hand on hip to make sure it isn't rising.

### Hip Flexion/ Extension

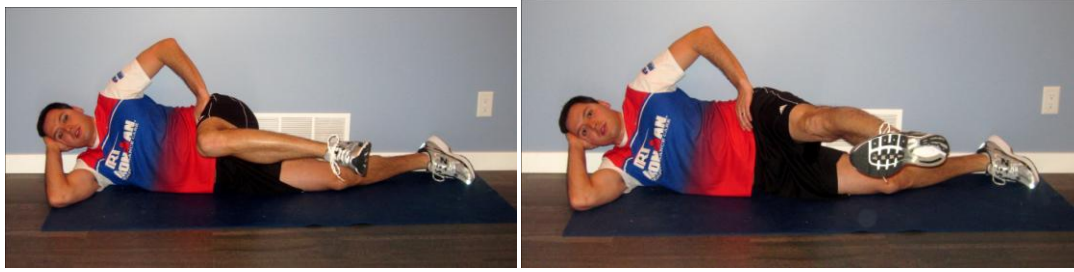


Pause at end and really squeeze hip when extending leg.

Do Short arc again



## Bicycles



From start position, lift knee up (hip flexion) straighten leg out in front of you and then pull straight back to start position. Hold your core tight and gluts squeezed.

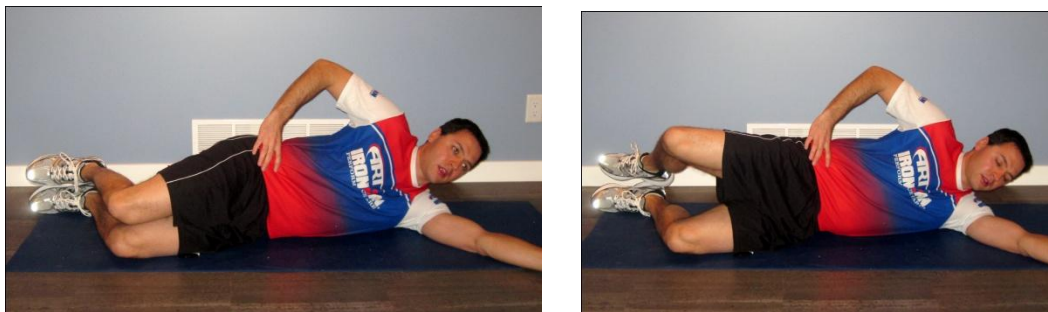
## Circles: Clockwise/counter clockwise

From start position point toes and do small circles one way, then small circles the other, the whole time holding your pelvic thrust.

## End of Buchberger series

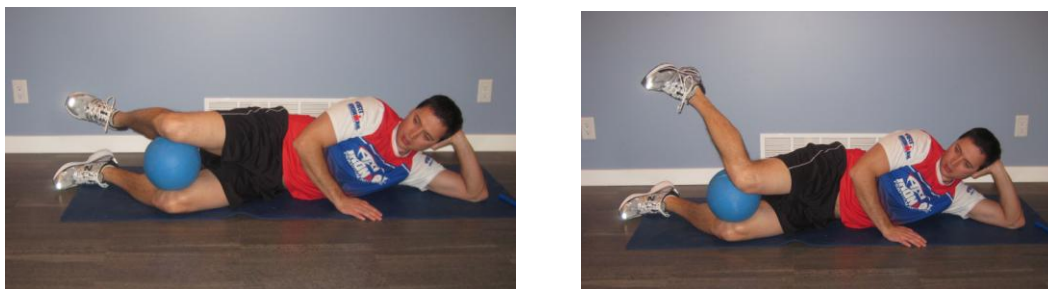
### Clam

Side lying—push hips forward and squeeze glut while opening knees. Don't rotate spine. Use Band as well. Lie on your side with your knees bent and together. The trick is to keep your pelvis still (don't let it open up and move back) and your feet together. Push your hips forward and squeeze that butt.



### Internal Rotation with ball

Use med ball or cheap kids ball. Place ball between knees and turn foot up hip out.



Balance Lunges—ask me

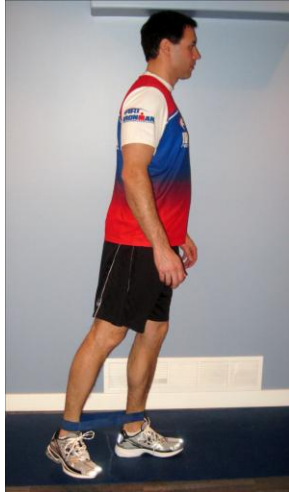
Standing Hip Abduction—outstanding exercise

Don't hold onto anything for assistance...very important not to. Out on 2 back on 2 slow and controlled. Squeeze your butt.

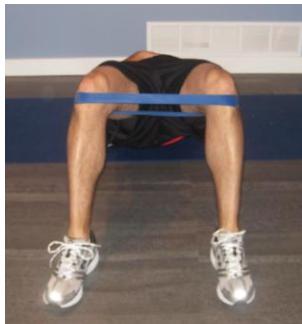


You can use your band to do the forward, side, back and out at 45 degree angle. Again Squeeze





One can use band side lying as well, to do glut bridge with and to do squats with. Just push out into band to activate gluts more



Again push out into band with knees when doing bridge.

### Seated Hip Rotation

Don't flex hip or lift leg—just turn foot/heel out keeping leg on bench

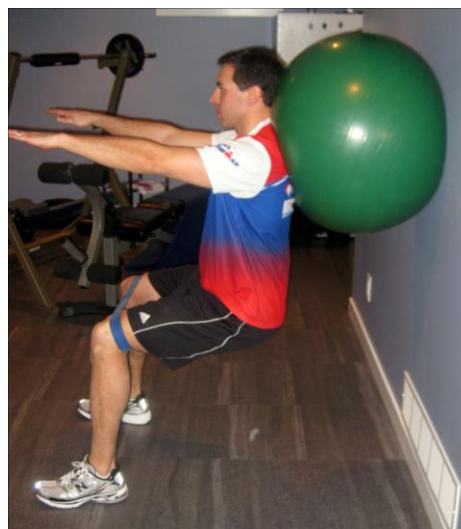
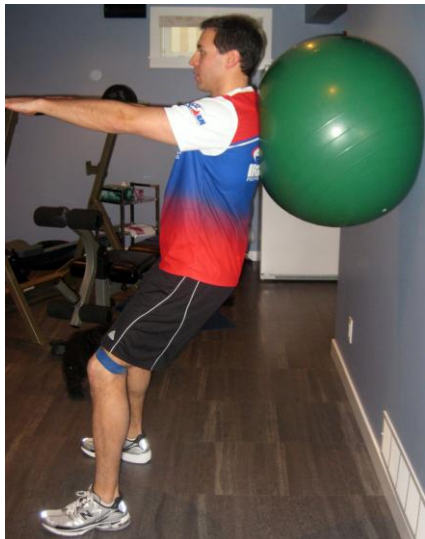


Side Walking—5 x 50' with band

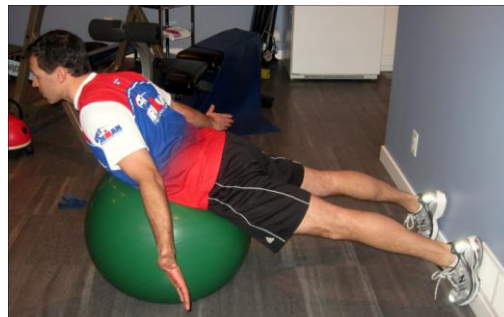
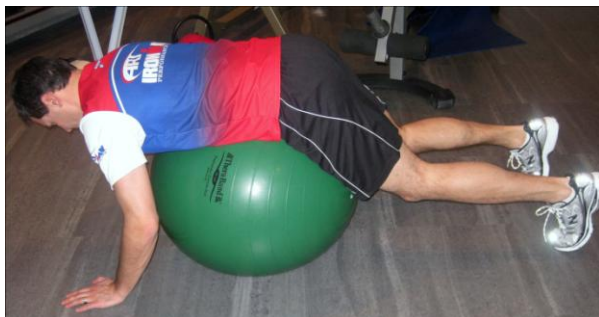


Ball Squats (50-100)

Knees don't cross toes—use band and push out into it to activate gluts more



Modified Superman's--Extend back and squeeze shoulder blades together while turning palms up





## Airplane

It is similar to bowling or a slapshot in hockey. Don't bend your knee, rather drop your hip and then lift it up. This can be done with one hand on a table for support

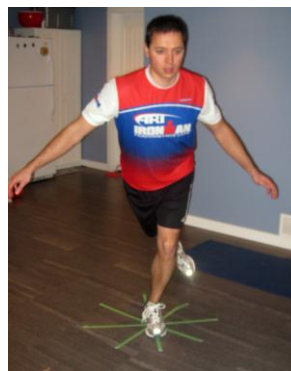


“Star” exercise-Single leg squats-should be able to do 15-20 easily

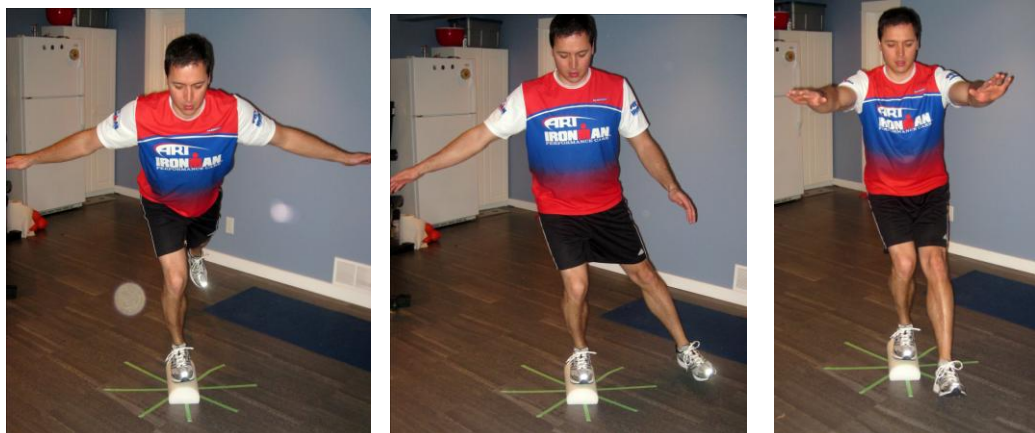
Tape a star or clock on the floor. You want to do single leg squats from floor initially then progressing to a half foam roller or from a stool. You want to move forward, to the side, straight back and back across your body to the 7 o'clock position (most important).



start



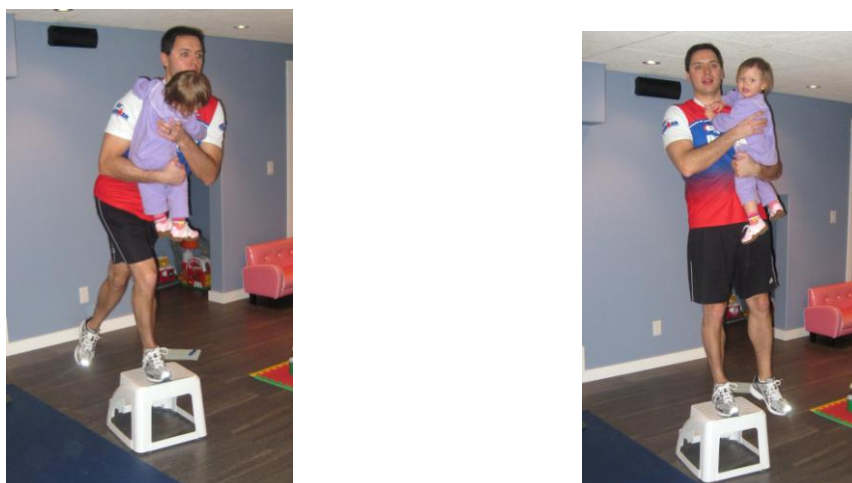
Drop behind (7 o'clock)



Single leg squats to back (6 o'clock), side (3 o'clock) and forward (12 o'clock)



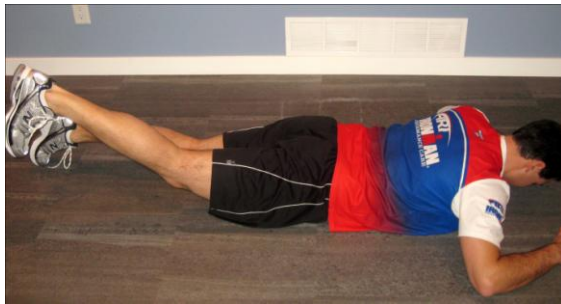
This is the most important position. Your back leg is crossing behind you and you are driving up with your planted hip to finish (final picture)



From a stool, it lets you go a bit deeper. Again go front, back, to side and dropping behind and across.

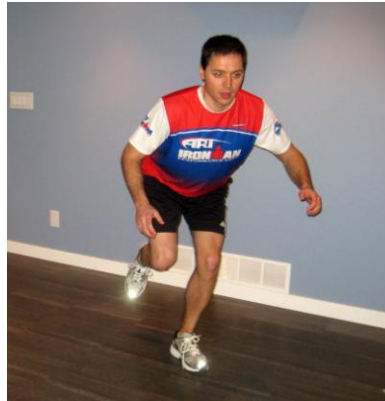
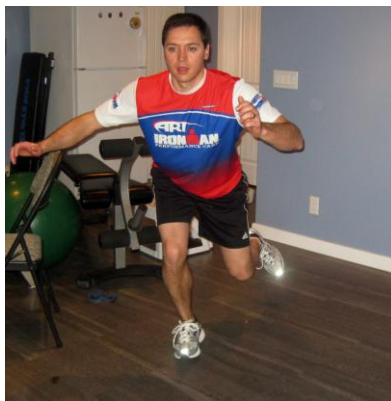


Glut extensions/Mule Kick—do not use back or hamstring—squeeze your glut



Do while lying on stomach or from a ball or bench. Keep foot flat and squeeze butt.

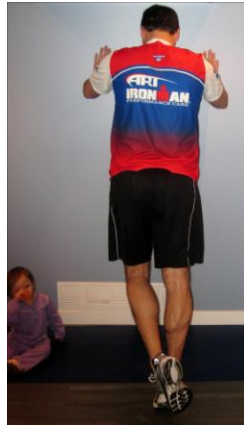
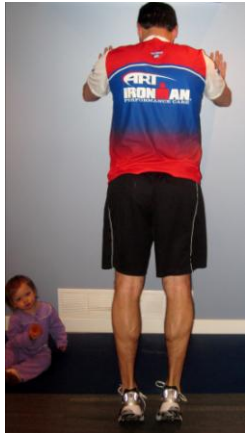
Skates/Lateral bound



Essentially, jump side to side while slowing your descent with your hips. A Twist conditioning slingshot is a great aid for this exercise.

\*\*\*I am huge fan of the TRX suspension training system. If you are looking for something to assist with single leg squats/lunges and hip strengthening, this is the tool. [Fitnessanywhere.com](http://Fitnessanywhere.com)\*\*\*I get nothing from them for this.

## Achilles/PF strengthening



Up with both feet—transfer weight to one leg and lower down. “Up on 2 down on 1.” Can do on stair as well or do 50 calf raises while brushing your teeth every night. Allison says to remember to floss.

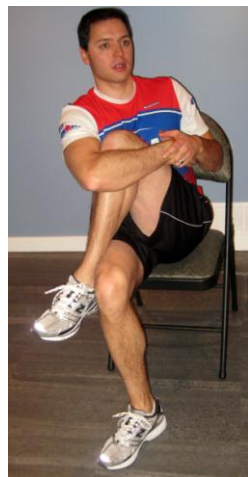
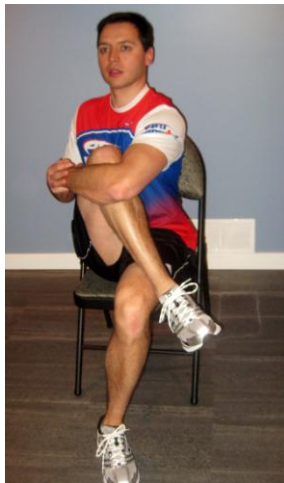


## Stretches—a few of many

90/90 hip stretch—for hip rotators ie piriformis

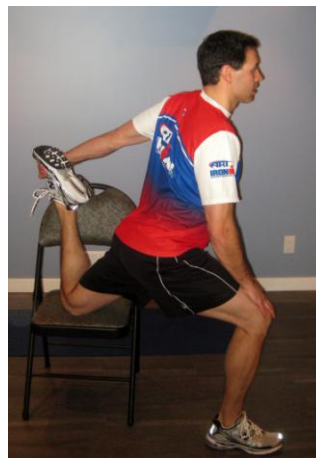
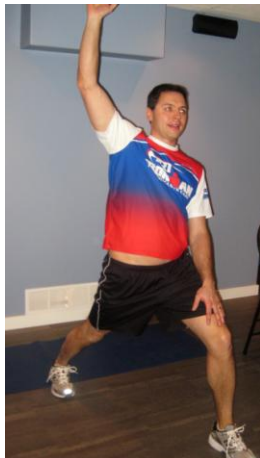


Seated hip rotators



Sit up tall and turn body toward hip you are stretching

Hip flexor and quad and anterior part of hip.



Do ITB and hamstring-whatever works for you

Neat Plantar fascia Achilles stretch



Rock back bum on heels toes tucked under you.

For gastroc, soleus and deep foot and toe flexors

Do the standing at wall stretch with leg straight for gastroc then bent knee for soleus and then put toes on wall and lean forward to get the deepest layer of muscle.