

## Basic Stretches for Runners/Joggers



**Seated Single Leg Forward Fold**

Begin by extending the right leg out and place the leg sole of the foot to the inside of the right thigh. Gently twist the body to the right, lengthen the spine pushing the sitting bones down to the floor and extending the crown towards the sky. Place the strap to the insole of the right foot, holding on with both hands. Push the back of the right knee into the floor while lifting the right kneecap to contract the quadriceps muscles. Square the shoulders and hips towards the right leg. Inhale and lengthen the spine, exhale with a straight spine start to bend forward from the hips. Resist the temptation of bringing the nose down towards the thighs and rather extend your chest over top of the thighs, soften the face, relax the shoulders and maintain a soft grip on the strap. Stay here for 5 to 15 deep breaths.

Health Benefits: Stretches hamstrings and hip adductors.



### Alternate option for Hamstrings

Make sure the back is straight and support yourself on the thigh of your back leg. Extend same side arm to meet toes for a upper hamstring stretch!



### **Seated Forward Fold**

Sit on the floor with your buttocks supported on a folded blanket and your legs straight in front of you. Press actively through your heels. Rock slightly onto your left buttock, and pull your right sitting bone away from the heel with your right hand. Repeat on the other side. Turn the top thighs in slightly and press them down into the floor. Press through your palms or finger tips on the floor beside your hips and lift the top of the sternum toward the ceiling as the top thighs descend. Draw the inner groins deep into the pelvis. Inhale, and keeping the front torso long, lean forward from the hip joints, not the waist. Lengthen the tailbone away from the back of your pelvis. If possible take the sides of the feet with your hands, thumbs on the soles, elbows fully extended; if this isn't possible, loop a strap around the foot soles, and hold the strap firmly. Be sure your elbows are straight, not bent. When you are ready to go further, don't forcefully pull yourself into the forward bend, whether your hands are on the feet or holding the strap. Always lengthen the front torso into the pose, keeping your head raised. If you are holding the feet, bend the elbows out to the sides and lift them away from the floor; if holding the strap,

lighten your grip and walk the hands forward, keeping the arms long. The lower belly should touch the thighs first, then the upper belly, then the ribs, and the head last. With each inhalation, lift and lengthen the front torso just slightly; with each exhalation release a little more fully into the forward bend. In this way the torso oscillates and lengthens almost imperceptibly with the breath. Eventually you may be able to stretch the arms out beyond the feet on the floor. Stay in the pose anywhere from 1 to 3 minutes. To come up, first lift the torso away from the thighs and straighten the elbows again if they are bent. Then inhale and lift the torso up by pulling the tailbone down and into the pelvis.

Stretches the hamstrings and low back.



**Piriformis Stretch (and back)**

Right foot over left leg at the knee. Left arm goes between right leg and the body. Rotate and look over your right shoulder. Repeat on other side.



### **Piriformis Stretch lying on back (this can be done standing as well)**

Lying on your back, cross your legs just as you might while sitting in a chair. Grasping the "under" leg with one hand, pull back on your hamstring while pushing the opposite knee away. Do this until you feel the stretch in your buttocks and hips.



### **Bound Angle**

Sit with your legs straight out in front of you, raising your pelvis on a blanket if your hips or groins are tight. Exhale, bend your knees, pull your heels toward your pelvis, then drop your knees out to the sides and press the soles of your feet together.

Bring your heels as close to your pelvis as you comfortably can. With the first and second finger and thumb, grasp the big toe of each foot. Always keep the outer edges of the feet firmly on the floor. If it isn't possible to hold the toes, clasp each hand around the same-side ankle or shin.

Sit so that the pubis is in front and the tailbone in back are equidistant from the floor. The perineum then will be approximately parallel to the floor and the pelvis in a neutral position. Firm the sacrum and shoulder blades against the back and lengthen the front torso through the top of the sternum.

Never force your knees down. Instead release the heads of the thigh bones toward the floor. When this action leads, the knees follow.

The Focus is on a flat back, elongated spine, stable core, and on keeping the shoulders back and down. The Bound angle Pose emphasizes the adductor muscles and the hip joint region.

Stretches the hips, glutes, lower back and groin (Adductors).



**Standing Quadriceps Stretch**

Stand and touch wall or stationary object for balance. Grasp top ankle or forefoot behind. Pull ankle or forefoot to rear end. Straighten hip by moving knee backward. Hold stretch. Repeat with opposite side.

Alternatively, hip may be initially extended, then ankle can be slowly pulled towards rear end. With either technique, do not allow knee to flare outward to the side. If low back is sensitive to hyperextension, hip should be postured in a more neutral position than demonstrated.

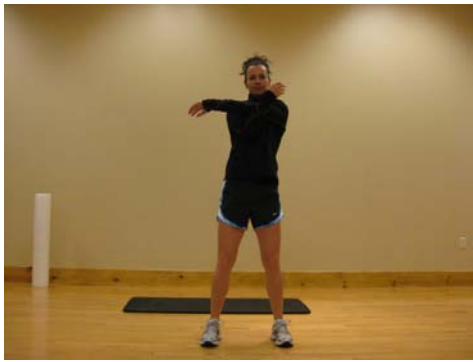
Stretches the Rectus Femoris and Vastus Muscles of the quadriceps.



### **Knees to chest**

Bring knees to chest and hug your legs. This stretch is good for the low back.





### Tricep Stretches

1. Pat yourself on the back and apply pressure above the elbow moving the hand down the back of your body.
2. Take your arm across your chest and apply pressure above the elbow.



See below



See below



Wide Leg Forward Fold

Step or lightly hop your feet apart anywhere from 3 to 4 1/2 feet (depending on your height: taller people should step wider). Rest your hands on your hips. Make sure your inner feet are parallel to each other. Lift your inner arches by drawing up on the inner ankles, and press the outer edges of your feet and ball of the big toe firmly into the floor. Engage the thigh muscles by drawing them up. Inhale and lift your chest, making the front torso slightly longer than the back.

Exhale and, maintaining the length of the front torso, lean the torso forward from the hip joints. As your torso approaches parallel to the floor, press your fingertips onto the floor directly below your shoulders. Extend your elbows fully. Your legs and arms then should be perpendicular to the floor and parallel to each other. Move your spine evenly into the back torso so that your back is slightly concave from the tailbone to the base of the skull. Bring your head up, keeping the back of the neck long, and direct your gaze upward toward the ceiling.

Push your top thighs straight back to help lengthen the front torso, and draw the inner groins away from each other to widen the base of your pelvis. Take a few breaths. As you maintain the concavity of your back and the forward lift of your sternum, walk your fingertips between your feet. Take a few more breaths and then, with an exhalation, bend your elbows and lower your torso and head into a full forward bend. Make sure as you move down that you keep your front torso as long as possible. If possible rest the crown of your head on the floor.

Press your inner palms actively into the floor, fingers pointing forward. If you have the flexibility to move your torso into a full forward bend, walk your hands back until your forearms are perpendicular to the floor and your upper arms parallel. Be sure to keep your arms parallel to each other and widen the shoulder blades across the back. Draw your shoulders away from your ears

Stretches Hamstrings and Adductors in inside of the leg.



### **IT Band/Piriformis Stretch**

Place one foot behind and even with the other, rotate hips forward and lean or sit back on the hip. You can raise your arm to incorporate the mid section.

## **Self Myo-Fascial Release**



**HAMSTRING**

Place hamstrings on the roll with hips unsupported. Feet are crossed to increase leverage. Roll from knee toward posterior hip while keeping quadriceps tightened.



***ILIOTIBIAL TRACT (IT Band)***

Position yourself side lying on foam roll. Bottom leg is raised slightly off floor. Maintain head in “neutral” with ears aligned with shoulders. Roll just below hip joint down the lateral thigh to the knee.



***QUADRICEPS***

Body is positioned prone with quadriceps on foam roll. It is very important to maintain proper Core control (abdominal Drawn-In position & tight gluteals) to prevent low back compensations. Roll from pelvic bone to knee, emphasizing the lateral thigh