

Stretches for pre-and post- run

Hamstring



- Stand with one foot on a stool in front of you.
 - Straighten your leg and stick your buttock out to arch your lower back.
 - Lean your body forward until you feel a stretch behind your thigh.
 - Maintain the position and relax.
- NB You can rest your leg on the bike frame to do this stretch before and after your ride

Hips (Iliopsoas) and Quads



- Kneel on one knee creating a 90 degrees angle with the opposite hip
- Tilt your pelvis backwards to flatten your lower back and transfer your weight forward until you feel a gentle stretch through front of hip of the lower leg.
- Maintain the position and relax.
- To increase the stretch - Bend your back knee to bring your heel to your bottom.
- NOTE: Maintain Upper body upright and your lower back flattened (not arched)

ITB/Piriformis



- Sit with straight back and cross one leg over the other.
- Hold your knee with the opposite arm and pull your knee across your chest towards the opposite shoulder until you feel a stretch on the outside leg and/or buttock.
- Maintain the position and relax.

Calf (gastroc and soleus)



- Stand and place both hands on a wall, with your feet about half a meter from the wall.
 - Place one leg behind the other and lean your body forward without bending the back knee until you feel a stretch in your back calf.
 - Maintain the stretch and relax.
- To stretch the soleus muscle, slowly bend the knees while keeping heels on the floor until you feel a stretch in the calf of the back leg.



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Running



Clinics in Cranleigh, Horsham and Dorking

Common Injuries: How to Prevent and Treat them plus Stretches for Runners

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Most Common Running Injuries

Runners Knee – Pain at the front of the knee when running, prolonged sitting and on climbing stairs. Often due to biomechanical issues that overload the knee cap, putting strain to the underside of the patella and irritating the cartilage. These problems can be weak muscles (ie gluts and inner quads), tight iliotibial band on the outside of the leg and poor foot posture (often flattening of the feet). Treatment would include strengthening the hips/bottom and thighs, ie mini squats and side stepping with band around ankles.

Achilles Tendinopathy - Pain at the back of the ankle due to tight/weak calf muscles that insert into the Achilles tendon. Often caused by sudden increase in training or change of trainers/shoes. It can become chronic and the tendon thickens and can be very stiff first thing in the morning. Treatment would be regular stretching, eccentric strengthening (heel drops from tip toe), foam roller, massage to tendon and regular icing.

Plantar Fasciitis - Pain under the foot, often at the heel but can run through the inner arch. Similar causes as above for Achilles problems. Treatment is calf and plantar fascia stretches, soft tissue massage, rolling foot on frozen bottle and orthotics or stability trainers if over pronation an issue.

Hamstring pain - through the muscle at the back of the leg. This is often due to weakness, but if tight you are at increased risk of tearing it due to excessive tension. Prevention/ progressive treatment is to gain hamstring length with stretches and foam roller, strengthen the hamstring by single legged dead lifts, nordic curl exercises and bridging.

Shin spints - (medial tibial stress syndrome) is pain on the shin bone around the inside border of the bone. This is due to small tears that develop in the muscles that attach to the tibia from over stress. This can occur when you have suddenly increased your mileage or are a beginner. It can be due to old/unsuitable trainers. Treatment is rest, ice, reduce mileage if mild and get your trainers assessed in a running shop.

Stress Fracture - is caused when you constantly stress the bone, creating a small chronic fracture. This can often be in the shin (tibia) or metatarsals in your feet. Prevent this by not overtraining and having rest days. This is a serious condition and treatment is rest for 6-16 weeks

Iliotibial band syndrome (ITB) - this is pain up the outside of the leg. The band runs from the knee to the hip and too much running causes the band to rub on the femur. It can be due to biomechanics again, ie weak gluts/hips, tight ITB and foot posture. Treatment/prevention is to address these issues with strengthening and stretching.

How can Physiotherapy help?

Physiotherapists at Cranfold can help identify which problem you have, assess which muscles are weak and/or tight to enable you to do specific exercises for your condition. Soft tissue release, taping and advice will also help to speed up your recovery rate and get you back to running pain free.

Dynamic Warm-Up Exercises

You should begin your training session with a few dynamic warm-up exercises. These get your blood circulating before you stretch.



Running Butt Kicks

- Run forward and kick the heels to the buttocks.
- Try to move the opposite arm at the same time of the leg that goes back.
- Keep the torso upright and stand tall as you do the movement.



High Knees

- Run with high knees, keeping a tall posture.



Heel Raises

- Stand upright and raise onto the balls of your feet.
- Lower yourself and repeat.