

Stretches for pre-and post- walk

Quad Stretch



- Grab the top of your left foot behind you
- Gently pull your heel towards your left buttock to stretch the front of the thigh keeping the knees touching.
- Avoid leaning forwards or to the side
- Repeat with the other leg.
- Use the wall or back of a chair for balance if needed

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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Walking



Clinics in Cranleigh, Horsham and Dorking

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

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Most Common Walking Injuries

Bunions –A bunion develops when the bones in the joint on the outer side of the big or little toe become misaligned, forming a painful swelling. Walkers with flat feet, low arches, or arthritis may be more apt to develop bunions. Wear shoes that are wider—especially in the toe box. Cushioning the bunion with pads can provide relief, and icing it for 20 minutes after walking will numb the area. Ultrasound or other physical therapy treatments may reduce the inflammation

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 splints - (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

Lower Back Pain (LBP) – Walking doesn't usually cause lower-back pain, but the repetitive movement can make an existing lower-back injury worse. Arthritis or inflammation of surrounding nerves can also cause pain in this region. For general back pain prevention, keep the muscles in your trunk strong. Avoid bending over at the waist, a tendency when you are walking fast or uphill.

Bursitis hip - Soreness on the outside of your hips. Although there are many potential causes of hip pain, it's common for the fluid-filled sacs (bursae) that cushion the hip joint to become inflamed with repetitive stress. People with one leg slightly longer than the other are more susceptible to this kind of hip pain. Too much walking without building up to it can also be a cause. When returning to walking start gradually by Walking every other day at first. If problem persists Physio can help by providing exercises to strengthen hip muscles & core.

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 walking 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.



Heel Raises

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



High Knees

- Run with high knees, keeping a tall posture.