DYNAMIC STRETCHING: WARM UP FOR RUNNERS

This dynamic stretching program is designed to be performed as a warm up prior to running. Each exercise should be performed "walking" for 30 feet.

If you have pain with any of these exercises, stop immediately and contact us for a full evaluation.

1 HIGH KNEE MARCHING

Bring your knee up higher than your hip while you bring the opposite arm up mimicking running arm swing. Repeat alternating sides for 30 feet.

2 BUTT KICK MARCHING

Bend your knee, bringing your heel to your butt while you bring your opposite arm up mimicking running arm swing. Repeat alternating sides for 30 feet.

3 FORWARD LUNGE MARCH

Lunge forward into a 90/90 position at the hip and knee (do not allow your knee to go over your toes) while raising the opposite arm up mimicking running arm swing. Step forward bringing your back foot up to your front foot and then lunge forward on the opposite foot. Repeat alternating sides for 30 feet.

4 BACKWARD LUNGE MARCH

Start with feet together and lunge backward into a 90/90 position at the hip and knee while bringing the opposite arm up mimicking running arm swing. Bring your front foot back to your back foot and then lunge backward with the opposite foot. Repeat alternating sides for 30 feet.

5 LATERAL LUNGE MARCH

Start with feet together. Lunge to the right side (stick your butt out and do not let your knee go over your toe), bring your right foot in to your left, then lunge to the left side. Then take one step to the right and repeat for 30 feet.

6 TOE SWIPES

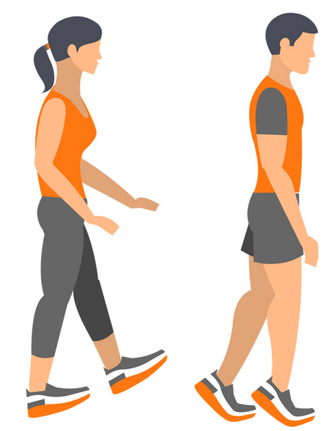
Start in standing with feet together. Step forward with the right foot, keeping knee straight and toes pointed upward. Then bend over and "swipe" your toes in a scooping motion with your arms, extending them over head as you stand up straight. Then step with the left and then the right and repeat the sequence starting with the left leg. Repeat for 30 feet.

7 ANKLE CROSS LEAN

Stand on left foot, cross right foot over the left and lean toward the right. Bring your left foot up to your right foot and repeat for 30 feet. Then reverse the sequence. Keep your weight on the right foot, cross your left foot in front of your right and lean to left. Repeat for 30 feet.

8 ANKLE GRABS

In standing, bend your left leg up and grab your ankle with your left hand. Pull up slightly so you get a little extension of the hip. Hold for about 1 second and repeat on the opposite side. Step forward and alternate for 30 feet.



9 HEEL WALK / TOE WALK

Stand on your heels and walk forward for 30 feet. Then stand on your toes and walk for 30 feet.

***These exercises are not prescribed. They are intended to viewed as educational and are not a substitute for an exam by a medical professional/physical therapist. If you would like a prescribed program based on your individual needs please call 618-967-5539 or visit our website at www.wholebodyfix.com to schedule an appointment with our physical therapist.

WholeBody
PHYSICAL THERAPY-RUNNING-WELLNESS