



Top Ten Recommendations for Runners

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1. Keep your hamstrings strong, especially on the left. (4 & 5)
2. Avoid overstretching your hamstrings (90° straight leg raise at the hip with the knee straight). Have the ability to stand and bend over and slightly touch toes (palms to the floor is too much).
3. Occasionally walk slowly up the stairs backwards to keep your glutes symmetrical. (1 & 4)
4. Properly stretch your Achilles tendon, your toes, and your low back.
 - a. Heel to floor in the squat position (8)
 - b. Ankle stretch with shoes on and knees bent (7)
 - c. Pull great toe up
5. Concentrate on striding out with your right leg and left arm when running. (6)
6. Try to find and feel your right arch when running to assist with shifting to the left. (4)
7. Perform Standing Resisted Wall Reach to stretch your back, latissimus, and pectoral musculature. (3 & 8)
8. Stand and shift your body weight over your left leg regularly, keeping weight shifted through you heel. (4)
9. Keep your left lower abdominals “alive” by performing sidelying activity. (2)
10. Wear correct footwear. Wear shoes that support your heels and that have good arch supports. Avoid wearing flip flops, sandals and wearing shoes that are untied during the running season.



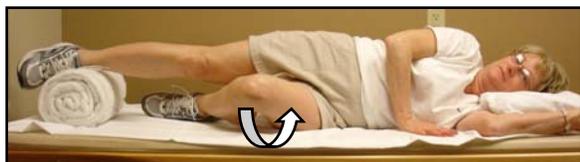
(1) LEFT SIDELYING RIGHT GLUTE MAX WITHOUT RESISTANCE

1. Lie on your left side with your hips and knees bent at a 60-90-degree angle.
2. Place your ankles on top of a 3-5 inch bolster and place your feet firmly on a wall.
3. Shift your right hip forward until you feel a slight stretch or pull in your left outside hip.
4. Turn your right knee out keeping your left knee on the mat.
5. Use the wall as a fulcrum or pivot point for leg rotation.
6. Turn your knee as high as you can without moving your right hip back. You should feel your right outside hip engage.
7. Hold this position while you take 4-5 deep breaths in through your nose and out through your mouth.
8. Relax and repeat 4 more times.



(2) LEFT SIDELYING LEFT FLEXED ADDUCTION WITH CONCOMITANT RIGHT LOWERED EXTENDED ABDUCTION

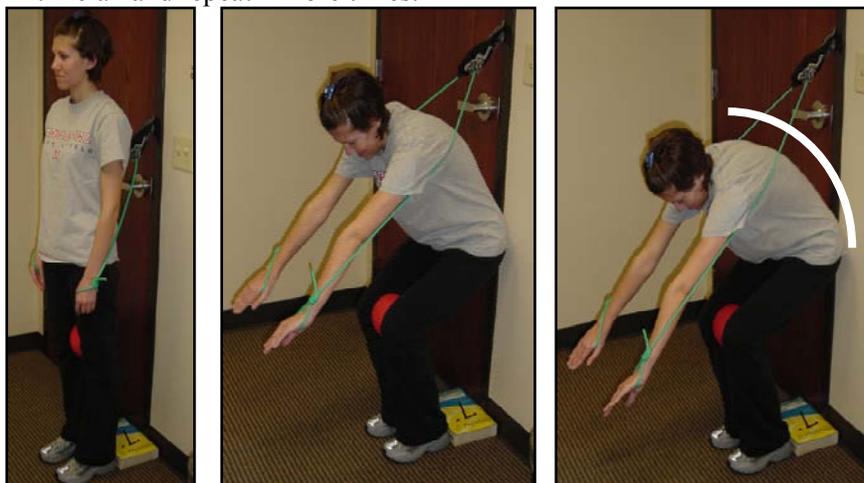
1. Lie on your left side and place a 2-3 inch bolster under your left abdominal wall and 1-2 pillows under your head so that your neck is slightly side bent to the right.
2. Place a bolster of appropriate size under your right ankle so that your right leg is level with your trunk and bend your left knee.
3. Inhale through your nose and as you exhale through your mouth reach down with your right foot.
4. Push your left hip down firmly into the mat and try to arch your left abdominal wall. You should feel your left abdominal wall engage.
5. With your left abdominal wall engaged and your right leg reaching down, push the outside border of your left foot down into the mat and “turn” your left knee up. You should feel your left inner thigh engage.
6. With your left inner thigh engaged, turn your right toes out and attempt to pick your right leg off of the bolster. You should feel your right outer hip engage.
7. Hold this position while you take 4-5 deep breaths in through your nose and out through your mouth.
8. Relax and repeat 4 more times.





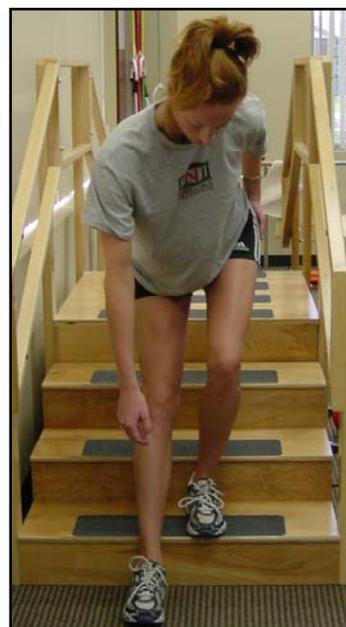
(3) STANDING RESISTED WALL REACH

1. Place tubing securely in door slightly below shoulder level.
2. Stand with your heels 7-10 inches away from the wall.
3. Stand up straight with a ball between your knees and feet lined up with each other.
4. Place your hands through the loops of the tubing with your palms facing down.
5. Straighten your arms out in front of you and round your back, engaging your abdominals.
6. Once you can feel your abdominals working begin to squat as you squeeze the ball.
7. Squat down until your bottom touches the wall (do not fall back into wall).
8. Inhale through your nose.
9. As you exhale through your mouth reach forward and downward as your back stays rounded.
10. Hold arms steadily in this position as you inhale again and expand your back.
11. Exhale and reach forward further with your arms.
12. Complete 2 more breaths in and out reaching further each time you exhale.
13. Stand up while keeping arms straight, back rounded, abdominals and inner thigh muscles engaged.
14. Relax and repeat 4 more times.



(4) RETRO STAIRS

1. Stand with your heels placed in front of 6-inch stairs and point your toes forward.
2. Advance your left foot on the first step keeping your feet neutral or parallel with each other.
3. Shift your hip back and to the left as you place weight through your left foot. Your zipper line should be lined up over your left great toe.
4. Keep your back rounded.
5. Begin lifting your right leg to the step keeping your weight shifted over to the left. You should be using your left leg to advance yourself to the next step.
6. Continue to advance up the stairs until you have completed 1 flight always leading with your left foot.
7. Relax and perform 1-2 more flights (10-12 steps).



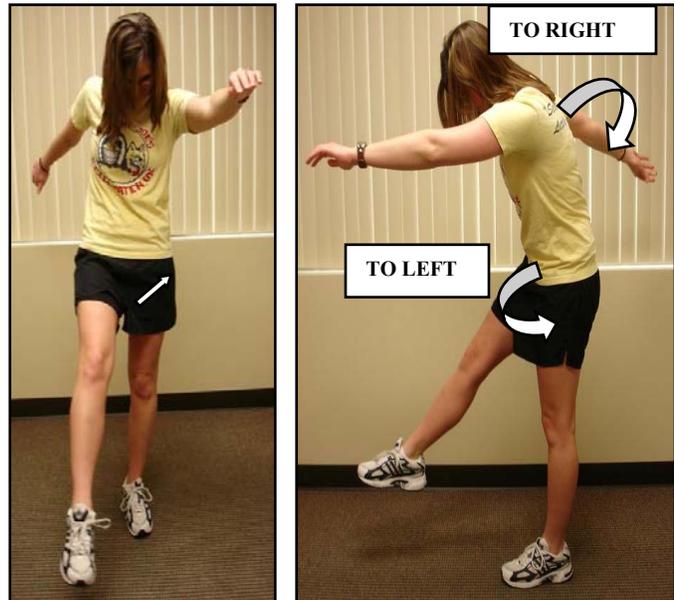
(5) PRONE ADDUCTION ALTERNATING RECIPROCAL HAMSTRING CURLS

1. Place 3 to 5lb ankle weights on each ankle. Place a band around ankles, below the ankle weights.
2. Lie on your stomach with pillows placed underneath you.
3. Place a 5-inch ball between your knees and squeeze your left knee into the ball.
4. Pull back your right ankle towards the outside of your right hip. Your left leg should remain on the mat with your left knee squeezing into the ball. You should feel your right outside hip engage.
5. Hold this position while you take 4-5 deep breaths in through your nose and out through your mouth.
6. Slowly lower your right leg as you simultaneously pull back your ankle towards your left outside hip. You should feel your left outside hip engage.
7. Hold this position while you take 4-5 deep breaths in through your nose and out through your mouth.
8. Continue this sequence until you have completed 5 reps on each leg holding each position for 4-5 breaths in and out.



(6) PRI RIGHT AIC SINGLE LEG VERTICAL BALANCE

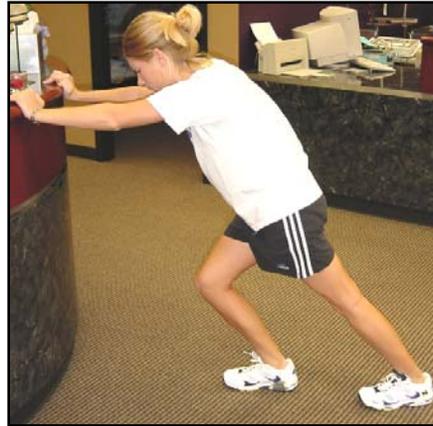
1. Stand with your right foot in front of your left.
2. Shift your hips to the left
3. Orient your trunk to the right by reaching out in front of you with your left hand and behind you with your right.
4. Bring your right foot out in front of you and attempt to pick it up off the ground.
5. Balance in this position while you take 4-5 deep breaths in through your nose and out through your mouth.
6. Relax and repeat 4 more times.





(7) STANDING GASTROCNEMIUS AND SOLEUS STRETCH

1. Stand against a high counter or table top with your right leg in front of you and your left leg behind you.
2. Straighten your left leg and slightly bend your right.
3. Keeping your left leg straight and maintaining contact with the floor from your left heel, bend your right knee until you feel a stretch in the back of your left calf muscle.
4. Hold this position while you take 4-5 deep breaths in through your nose and out through your mouth.
5. Relax and repeat 2 more times.



1. Stand against a high counter or table top with your right leg in front of you and your left leg behind you.
1. Slightly bend both your left and right knees.
2. Maintaining contact with the floor from your left heel, bend both your right and left knees further until you feel a stretch in the inner part of your left calf muscle.
3. Hold this position while you take 4-5 deep breaths in through your nose and out through your mouth.
4. Relax and repeat 2 more times.



(8) SQUAT

1. Stand away from a wall.
2. Squat down until your knees are maximally bent.
3. Rest your hands on the tops of your knees and attempt to maintain your bodyweight through your heels not your toes. Your back should be rounded and relaxed.
4. Hold this position while you breathe in through your nose and out through your mouth.
5. Relax and move forward, place your hands on the floor, straighten your knees and then stand up.





TOP 5 WARNING SIGNS OF DYSFUNCTION

- Uneven shoulder height
- Fatigue
- Low back and sacral iliac (SI) strain
- Knee strain or pain
- “Clicking” or “popping” hips

TOP 5 INDICATIONS FOR PHYSICAL THERAPY ASSESSMENT

- Uneven shoulders and headaches
- Un-evoked, premature, ongoing fatigue
- Non-trauma oriented knee pain
- Tight back muscles contributing to low back pain
- Clicking, popping, snapping or noisy hips

TOP 5 INDICATIONS FOR PHYSICIAN ASSESSMENT

- Referred pain down or into thighs and legs from low back
- Un-evoked, premature, ongoing fatigue
- Non-trauma oriented groin and knee pain with swelling
- Hip swelling, bruising or sharp pain associated with a traumatic event to the hips
- Dislocated joints associated with trauma