

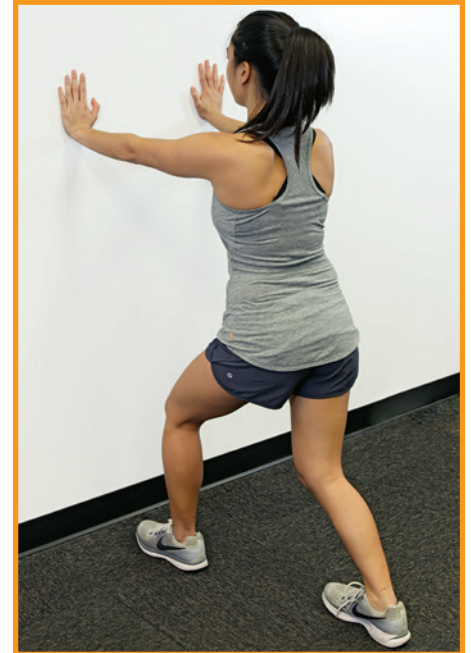
INJURY PREVENTION SPOTLIGHT

for RUNNERS & WALKERS

STRETCHING

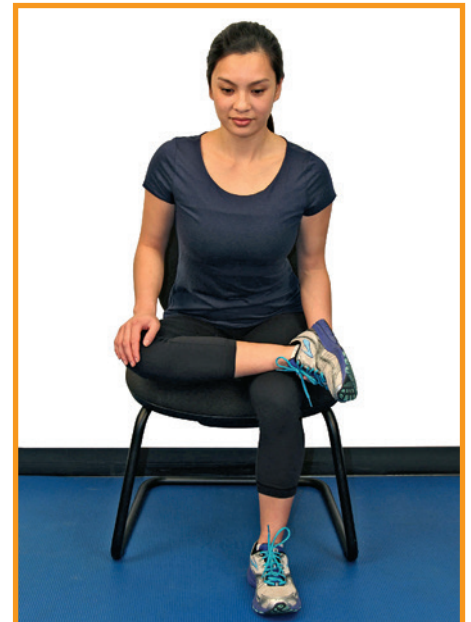
Calf Stretch

- Stand facing the wall and step one foot backward.
- Stagger your feet with toes pointing straight.
- Place hands on wall for support and slightly bend both knees.
- While keeping your knees pointing forward, bend your back knee more, until a gentle stretch is felt in the leg furthest from the wall.
- Hold stretch 1 to 2 minutes and repeat with opposite leg.



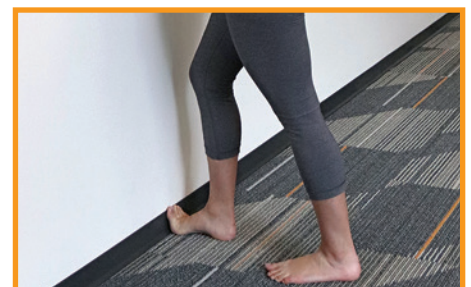
Executive Stretch

- Sit tall on the edge of a chair with your feet flat on the floor – lift rib cage, squeeze shoulder blade muscles, and tighten abdominal muscles.
- Lift one leg to cross the ankle over the top of the opposite leg – the stretch should be felt in the outer hip and glute of the crossed leg.
- Do not press down on the knee – hold stretch 30 seconds to 1 minute and repeat with opposite leg.
- To increase stretch, hinge forward from the hips with tall posture – do not round your back/shoulders.



Big Toe & Plantar Stretch

- Position foot so your big toe is resting on a wall with your heel on floor – slowly slide the ball of your big toe toward the floor.
- Stop when a gentle stretch is felt along the bottom of your foot or big toe.
- Hold for 30 seconds and repeat 3 times, for each foot.
- To increase stretch, bend the knee of stretching toe toward the wall and angle it toward the big toe.



Toe Yoga

- Begin sitting or standing with foot straight and flat on the floor – lightly grip the floor with your toes.
- Using downward pressure, keep the 2nd through 5th toes on the floor and lift/lower your big toe 10 times.
- Then, keeping your big toe on the floor, lift/lower the 2nd through 5th toes 10 times.
- Complete 2 sets of 10 lifts per movement on each foot.
- If these movements are challenging, use the other foot or your hand to help hold down your toes.



Tibialis Posterior Heel-Ups

- Begin standing next to a wall or table for balance – position your feet close together, toes straight.
- Place ball between heels, just below and behind your ankle bones and lightly squeeze the ball with your heels.
- Raise your heels off the floor, knees straight, lifting onto the balls of your toes (like a calf raise).
- Focus pressure downward on the ball of your big toe to avoid rolling onto the outside of your feet/toes.
- Slowly lower and lift, maintaining form – repeat 2 sets of 10.



Lunge Exercise

- Take a big step backward, feet straight (not angled out) and raise your back heel off the floor.
- Shift weight so it is centered between your feet, with even pressure on front heel and the toes of your back foot.
- Bend your back knee toward the ground while keeping your front knee directly over your ankle, pause, and press up to start position.
- Repeat 5 to 10 times, switch leg position and perform the movement on the opposite side.



Always consult with your doctor before starting any exercise program. Stop immediately if you experience any pain, tingling, or difficulties performing this exercise.