



**“Runner’s & Walker’s 10”
Injury Prevention Routine**

Runner's & Walker's 10

- Everyday runners and walkers just like you are overloaded with information over social media and email lists about a number of topics including workout ideas, nutrition, and injury prevention exercises.
- Fit For Life Physical Therapy clinicians have years of experience reading this information, looking at current research, and applying it daily to sports medicine patient care. During our first 4+ years of working with MIT, we have compiled a list of the 10 exercises that we use most frequently to assist with injury prevention and recovery. Now you get a chance to learn all ten!

1. Hip Flexor

- SLR – flexion



Keep knee straight and motion slow and controlled

- Hip Flexor Stretch



Keep neutral pelvis position and shift hips forward

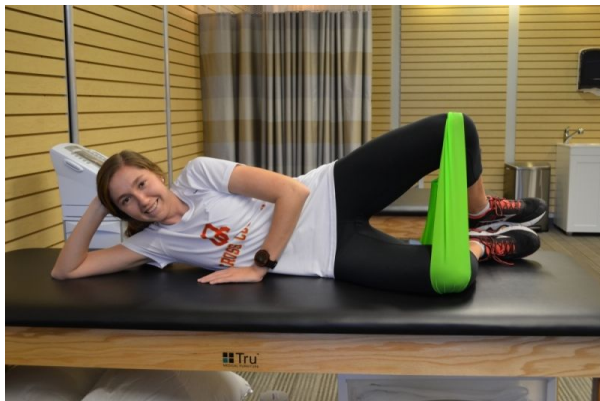
2. Glutes

- SLR – Abduction and Extension



Don't let foot point towards ceiling

- Clamshells



Don't let hips roll back

- Piriformis Stretch



Adjust position of knee and ankle so that stretch is felt in buttock region

3. Adductors

- SLR – Adduction



Slowly raise bottom leg up and down

- Adductor Stretch



Keep feet pointed straight and lunge to the side until gentle stretch is felt in inner thigh

4. Hamstrings

- Bridge Walkout



Dig heels into ground and take 4-5 small steps forward, then back

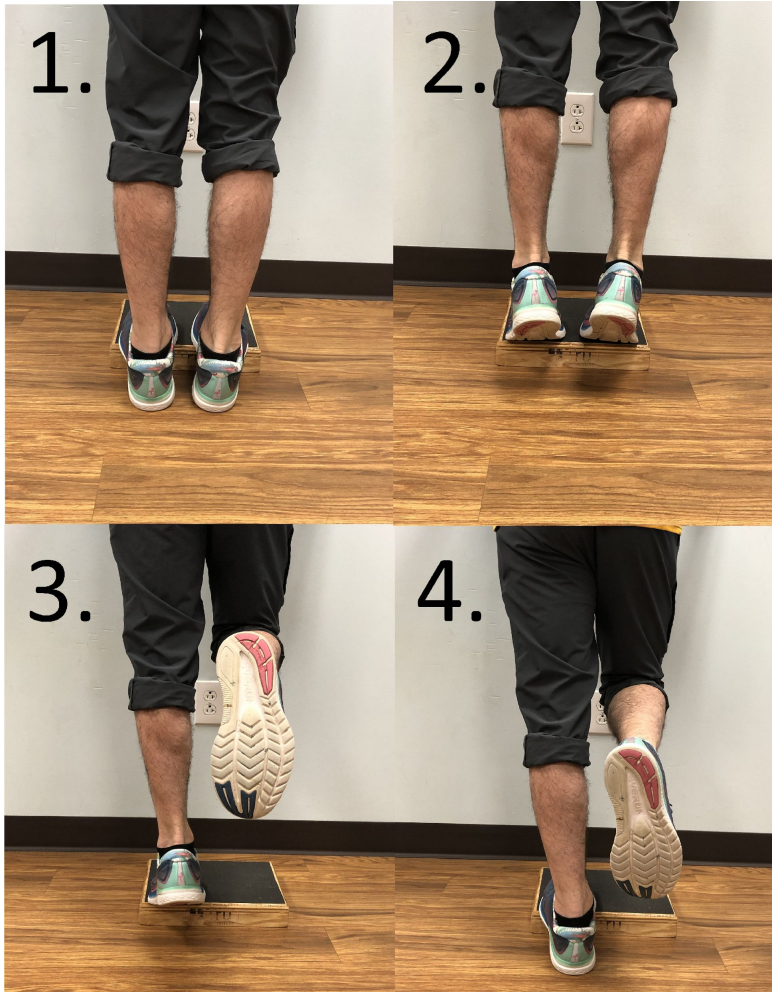
- Hamstring stretch



Hold this position and try to straighten the knee

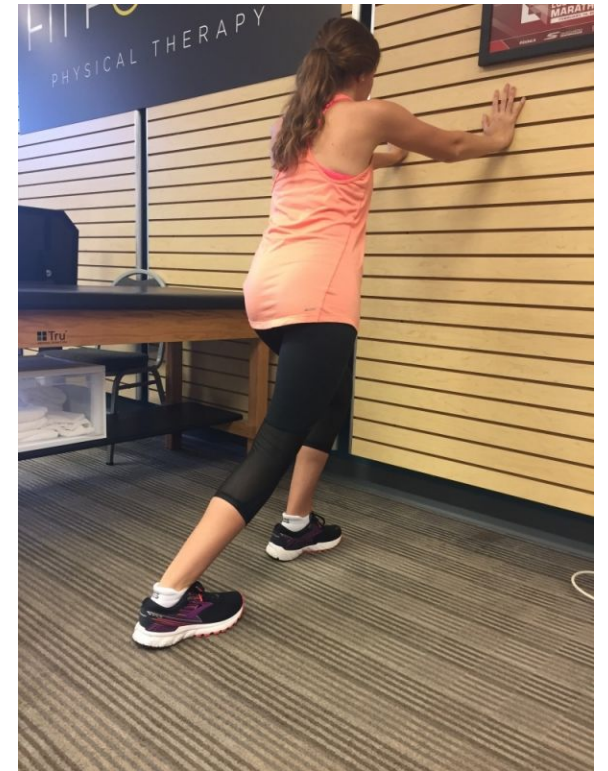
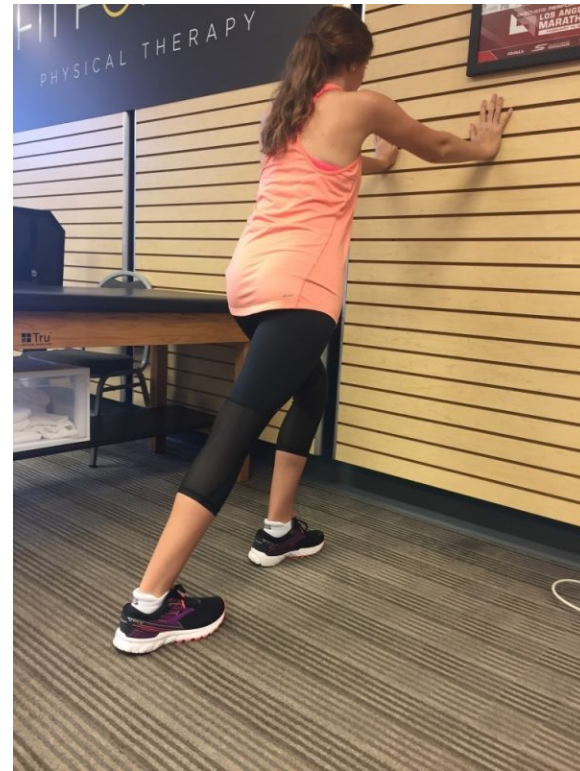
5. Calf

- Eccentric Heel Raises off Step



Keep motion slow and controlled

- Calf stretch (knee straight + bent)



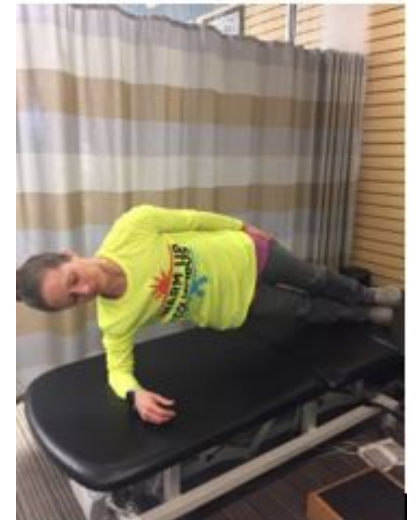
Keep toes pointed straight

6. Core

- Leg thrusts



- Plank + side plank



Keep back flat

7. Single leg Stability 1

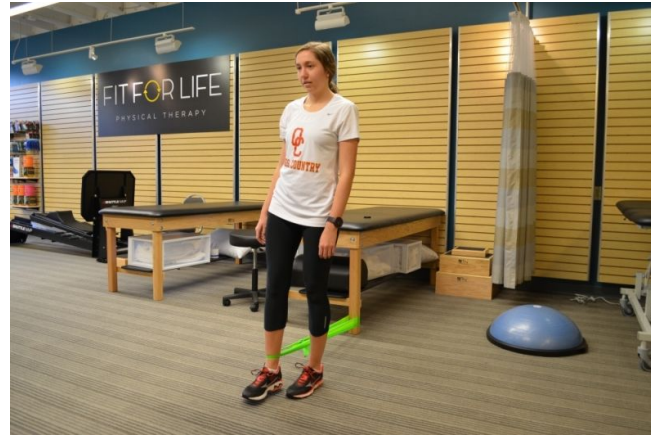
- Step down's



Gently tap heel to ground and don't let knee collapse inwards

8. Single Leg stability 2

- Steamboats



Keep glutes and core engaged
and motion slow and controlled

9. Single Leg stability 3

- Grab-a-pen



Keep slight bend in knee,
keep shoulders and hips
pointed forwards, and slowly
bend forward

10. Single Leg stability 4

- Hip Hikes



Keep knee straight, drop hip, and slowly raise back up