



Runners & Walkers 10  
Injury Prevention Routine  
Sean Huffman

# Runners and Walkers 10

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



### Clamshells



### 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

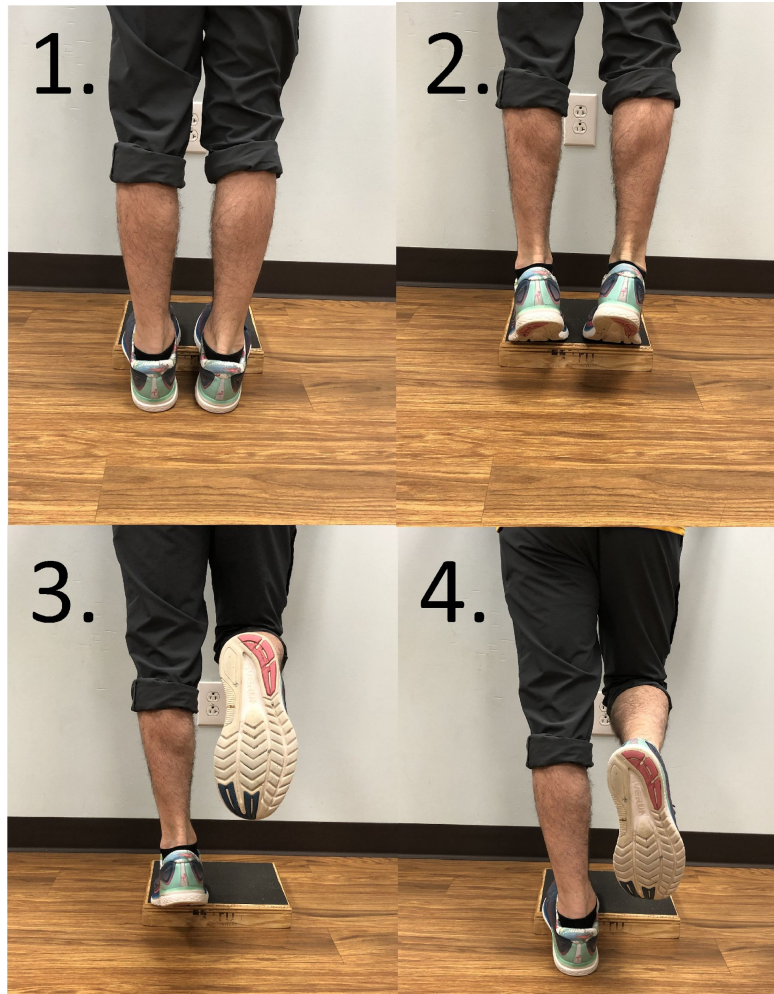


Hold this position and try to straighten the knee

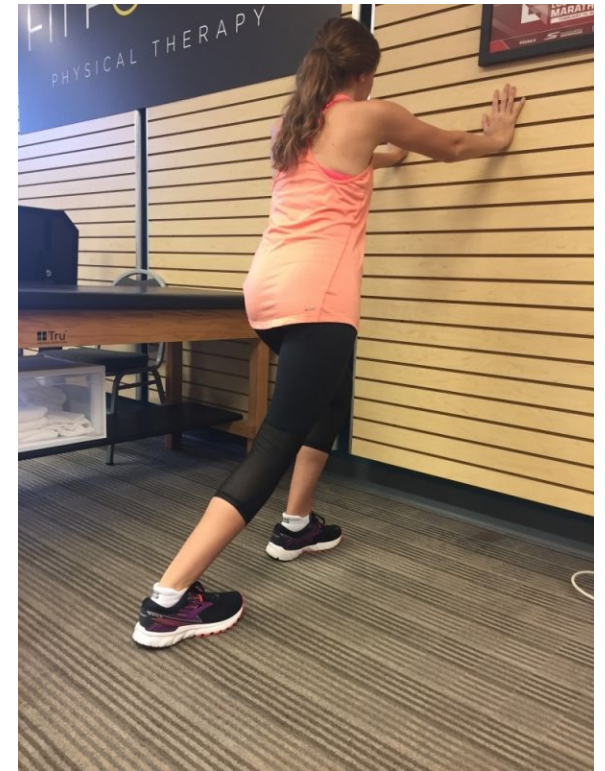


## 5. Calf

- Eccentric Heel Raises off Step



- Calf stretch (knee straight + bent)



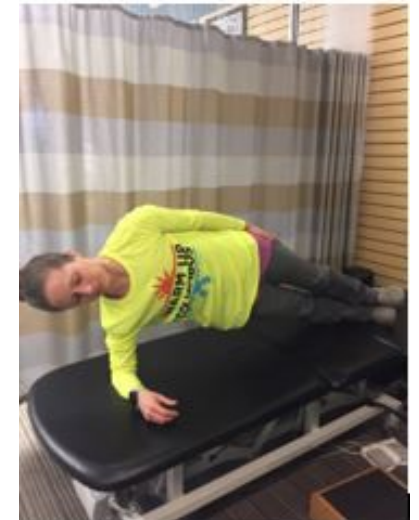
Keep toes pointed straight

## 6. Core

- Leg thrusts



- Plank + side plank



Keep back flat



## 7. Single leg Stability - 1

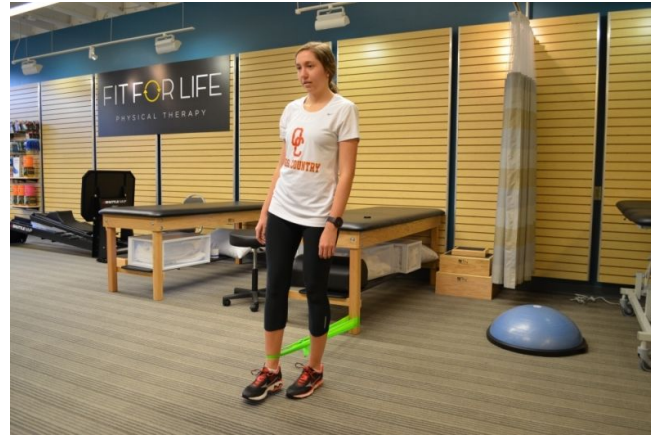
- Step down's



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 Hikers



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

# Thank you!

Sean Huffman MS, ATC, PT

[sean.huffman@fitforlifephysicaltherapy.com](mailto:sean.huffman@fitforlifephysicaltherapy.com)