

Beacon Hill Chiropractic and Massage 11636 Sarcee Tr. NW Calgary, AB T3R 0A1

Protocol: Runner's Stretches

(403) 516-1141

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TFL - Standing

Stand approximately 2 feet from a wall with one hip facing the wall (or chair for support).

Cross foot furthest from wall over in front of opposite foot. Bend the knee of the leg that is in front, and keep the back leg straight.

Lean hip into wall, and lean upper body away to feel a stretch in the side of the hip closest to the wall.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2	x/day

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Quads Standing

Standing tall, raise one heel toward buttocks (grasp above ankle joint).

Pelvic tilt and squeeze buttocks to extend hip back slightly to feel a stretch in the front of the thigh.

Can support body with hands on a chair, to avoid bending forward.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2	x/day

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31





Active Hip FLexors / Lunges

Standing with feet shoulder width apart, take a long step forward and lower down into a lunge position. Keep upper body tall to feel a stretch in the hip flexors. Return to starting position and repeat.

	Sets:	
	Reps:	2x
12	Weight:	
	Hold:	20 sec
	Rest:	
	2	x/day

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Active Calf - Stair
Standing with heel off edge of a stair. Raise up onto the toe to tighten the calf muscle, then relax down and drop the heel past the stair level to stretch the calf.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2	x/day





1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 Tibialis Anterior

Standing, place top of foot on floor behind you.

Bend knees slightly.

Pull as though you are dragging top of foot along floor to feel a stretch in the shin.

Sets:	1
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2	x/day



1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Knee Across Chest - Seated Sitting tall on floor, legs out in front.

Bend one knee and cross foot over opposite leg.
Gently bring that knee across and towards the chest to feel a stretch in the hip and buttocks.

Sets:	
Reps:	2x
Weight:	-
Hold:	15 sec
Rest:	
2	x/day



1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



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Short Adductors Seated

Sitting on floor with soles of feet together.

Rock pelvis forward so as to be sitting on your 'sit bones'. Keep upper body tall, gently allow knees to drop towards the floor to feel a stretch in the inner thigh.

	Sets:	
	Reps:	2x
6	Weight:	
	Hold:	15 sec
	Rest:	
860		x/day

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

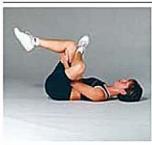


Fig.4 Knee to Chest - Supine Lying on back, knees bent with feet flat on the floor.

Cross one ankle onto opposite knee.
Bring the knee (that is under the ankle) straight up towards the same side shoulder to feel a stretch in the buttocks.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31