

# PHYSICAL THERAPY PROGRAM

## PRE-RUN ROUTINE



Physical Therapy & Movement Specialists

### EXERCISE 1: DOWNWARD DOG ANKLE MOBILITY

**DOSAGE: 2 SETS X 15 REPS**



#### Focus Points

- Start in a downward dog position (see picture to the right)
- Drop one heel into the ground to stretch your calf
- Pause for 1-2 seconds, then alternate legs



### EXERCISE 2: SEATED HIP STRETCH

**DOSAGE: 2 SETS X 15 REPS**



#### Focus Points

- Bring one leg over the other
- Use the opposite hand to pull your knee to your chest
- Sit as upright as possible
- **Very similar to the pigeon pose or other outer hip openers!**



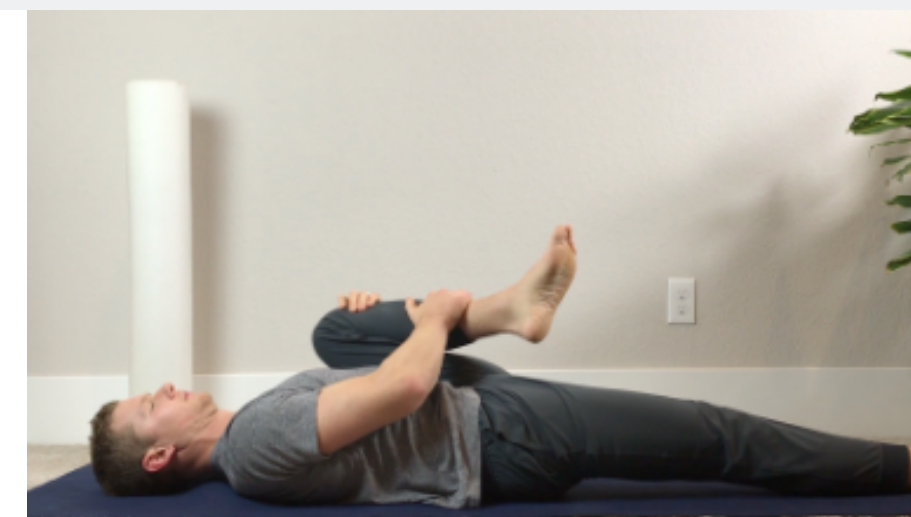
### EXERCISE 4: ONE OR TWO LEG TO CHEST PULLS

**DOSAGE: 2 SETS X 15 REPS**



#### Focus Points

- Pull one (or both) legs to your chest
- Pause and release
- Option to pull your leg out and up to further the stretch



### EXERCISE 4: HIP FLEXOR MOBILITY

**DOSAGE: 2 SETS X 15 REPS**



#### Focus Points

- Draw in your lower abdominals
- Tuck your pelvis to feel a stretch across the front hips and quads
- Avoid overarching from the low back
- **Can do in a standing position as well**



### EXERCISE 5: STANDING GLUTEAL ACTIVATION

**DOSAGE: 6 REPS EACH LEG**



#### Focus Points

- Reach one leg back at a time towards one of the markers
- Use the gluteal muscles on the standing leg
- Maintain hip, knee, and ankle in good alignment
- Use as little hand assistance for balance as possible



#### GENERAL RULE TO FOLLOW

If a movement increases pain or symptoms, **STOP** and modify that activity