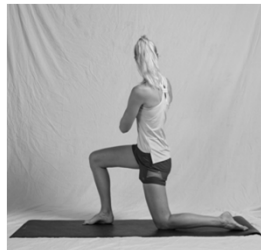


Hip Flexor Stretch with Rotation



1. Start in half kneeling position, keeping trunk upright, pull buttocks under trunk while trying to flatten back
2. Hold this position while rotating the trunk to one side then the other, holding each for 60 seconds

1-3 Repetitions _1-2_ Sets _1-3_ Times / Day

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Self Hip Joint Mobilization



1. Start in half kneeling position, keeping trunk upright, pull buttocks under (pelvic tilt)
2. Use hand on same side to push the hip forward (head of femur or ball of ball and socket joint) - the bony area around hip
3. Hold this position for 60 seconds – 2 minutes
4. Feel deep pressure in groin / front of hip

1-3 Repetitions _1-2_ Sets _1-3_ Times / Day

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Glute, Piriformis Stretch



1. Start in seated position
2. With one leg bent and foot flat on the ground, take the opposite ankle and cross it over the other knee
3. Gently lean your chest forward until you feel a stretch in the back of your hip / butt
4. Hold this position for 60 seconds

1-3 Repetitions _1-2_ Sets _1-3_ Times / Day

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Hip Flexor Stretch with Table Lock Out



1. Start lying on stomach, off edge of a table, with opposite foot on the floor, holding top ankle to butt. Or use a towel/belt around ankle if you can't reach.
2. Tuck butt under, low back flat and feel the stretch in the front of your top hip. Hold this position on each side for 60 seconds – 2 minutes.

2-4 Repetitions _1-2_ Sets _1_ Times / Day

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Foam Rolling Piriformis



1. Start sitting on foam roller, with foot on opposite knee and arms behind
2. Slightly tip towards side of bent knee and roll back/forward repeat as long as you can tolerate (1-5 min)

1-2 Repetitions _1_ Sets _1-2_ Times / Day

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Foam Rolling Calves



1. Lift body off the ground and slowly roll body back and forth over the foam roller over tight area
2. Perform as long as tolerable – up to 5 minutes
3. For more intensity: place pressure on tender area, then point ankle up and down until you feel some release

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Foam Rolling Quadriceps



1. Lift body off the ground and slowly roll body back and forth over the foam roller over tight area
2. For more pressure, bend and straighten knee and rotate shin in and out while knee is bent
3. Perform as long as tolerable – up to 5 minutes

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Calf, Achilles Stretches



1. Start with the foot you want to stretch in the back, other leg helping to balance you in front
2. Keep back knee straight and heel on ground
3. Gently rotate your thigh outward while keeping pelvis and foot straight forward
4. Lean forward, hold 30-60 seconds
5. Repeat with rear knee bent with heel still on the ground to stretch the lower calf muscle
6. Lean forward, hold 30-60 seconds

__3__ Repetitions 1__Sets __1-2__ Times / Day

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Glute Squeeze / Glute Sets



1. Keep core / low abdominals tight and don't let your low back extend / arch and don't squeeze/contract your thighs
2. Squeeze / contract glute
3. Try to contract and relax one glute at a time - throughout the day; practice turning on and then off quickly and also contract for 10 seconds and repeat those longer reps

_1-2 minute__ Repetitions _2-3__ Sets _10+__ Times / Day

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Lateral Band Walks



1. Begin in athletic position (hips/knees slightly bent) with band on feet; back slightly tucked under
2. Keep hips and knees in good alignment
3. Sidestep in a controlled manner against resistance
4. Keep feet at least shoulder width apart, do not let feet drag along the ground

_to fatigue /muscle burn or 1 minute__ Repetitions _2-4__ Sets _1__ Times / Day

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Single Leg Squat Finger Touch Down



1. Standing on one leg, sit back into a squat while keeping knee over the foot
2. Squat down as low as possible with good control and touch opposite hand's fingers to the ground in front of your toe (make sure your right hip goes as low as your left)
3. Keep space between your knees – "push knee outward"
4. Push through heel, using glutes and return to starting position
5. Repeat on each side

2-4 days a week; perform 2 sets to fatigue (twitch) on each side.

Unilateral Deadlift with Rotation

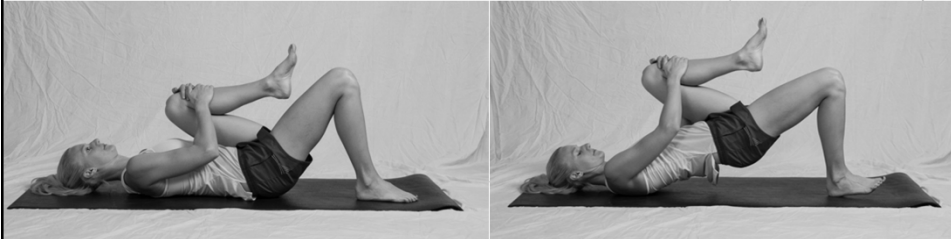


1. Start in standing on one leg
2. Slowly pivot over the stance leg, reaching across the body with the opposite arm, while letting opposite leg come up behind you – not squatting down, only tipping from the hip
3. Pull yourself back up to standing, trying not to put opposite leg on ground

1 minute Repetitions 2-4 Sets _1_ Times / Day

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Single Leg Bridge

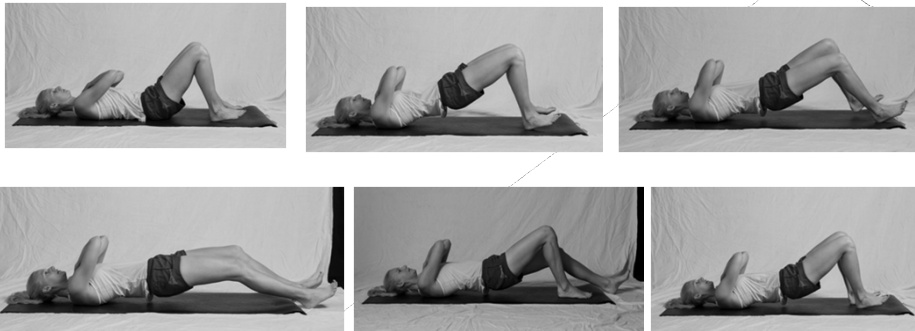


1. Start on your back, with knees bent and feet on ground
2. Lift one leg and hold the thigh to your chest, push through heel (push through toes if you are feeling the hamstrings too much)
3. Squeeze your glute of the down leg, push hips up and slowly lower back to the floor and repeat

__1__ minute repetitions or a muscle burn – whichever comes first __2-4__ Sets __1__ Times / Day

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Hamstring Bridge Eccentrics / Walkouts



1. Start on your back, with knees bent and feet on ground
2. Squeeze both glutes and lift hips off the table.
3. Slowly walk your heels out as far as you can and then back in.

__15__ Repetitions __3__ Sets __every other Day

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