



REDUCE THE RISK OF INJURY BY FOLLOWING A PREVENTION PLAN

- **Shoes** – Have a shoe fitting performed by a professional at a reputable shoe store. Based upon findings, choose a shoe that focuses on either motion control, stability, or neutral fitting.
- **Warm-Up** - Inactive muscles are at risk to stretching too far or tearing. Jog easy for five minutes to increase your heart rate slightly and break into a light sweat. This helps increase blood flow to the muscles and warms them up.
- **Cool-Down** - After running, stretch while the muscles/tendons are still warm. This helps improve flexibility over time. Do 2-3 repetitions of 30 seconds of each stretch. (See Stretching Exercises below).
- **Progress** – Increase frequency, duration, distance, or intensity no more than ten percent a week. Gradually increase exercise frequency or duration in the weeks or months following the start of an exercise program to no more than 6 days of running per week
- **Cross-train** – Beginners should run no more than 3 times per week with cross training separating running days and one full day of rest per week. Cross training should include non-impact activity like cycling and swimming.
- **Balance** – Running and cardio activities with strengthening 2-3 times per week and stretching 5-7 times per week.

STRETCHING EXERCISES

Stretching loosens tight muscles to decrease your risk of injury.

Technique:	Stretch to the point of a gentle pull and hold for at least 30 seconds.
Frequency:	Do 2-3 repetitions for a set. Do at least one set daily while the muscles are warm.

Calf Stretch

- Stand with your feet pointed forward
- Keep your heels down and back leg straight.
- Slowly bend the front leg until you feel a gentle upper calf stretch in the back leg.



Heel Stretch

- Stand with your feet pointed forward and heels down.
- Slowly bend the back leg until you feel a lower calf or heel stretch along that leg.



Toe Drag (Tibialis Anterior)

- Take a step forward.
- With the back foot, drag your toes along the ground and hold in that position until you feel a stretch.



Standing Quad Stretch

- Stand with one hand on an object to balance.
- Bend the knee you want to stretch until you can hold onto the ankle with your hand.
- Gently pull up and back until you feel a stretch in the front of the thigh.



Kneeling Stretch (hip)

- Kneel on the leg that you're going to stretch.
- Squeeze your buttocks, and shift your hips forward until you feel a stretch along the front of your thigh.
- **Don't lean over or twist your hips.**



Hamstring Stretch

- Sit with one leg straight and the other leg bent out to the side.
- Slowly lean forward with your chest until you feel a stretch along the back of your thigh.
- Keep your back straight.



Standing IT Band

- Stand next to the wall with the leg you want to stretch closest to the wall and arm straight out.
- Cross the outside leg over and lean your hip into the wall keeping your arm straight.



Cross-Over (outer hip)

- Lie on your back and cross one knee over your other leg.
- With the opposite hand, pull the knee up and over toward the opposite shoulder, until you feel an outer hip stretch.
- **Keep your foot flat on the ground.**



Figure four (outer hip)

- Lie on your back with one leg flexed up at the hip and bent 90° at the knee. Use your other leg to keep the position.
- Place hands around the opposite leg and pull up and over toward the opposite shoulder. Hold when you feel an outer hip stretch.



Cat (mid back and low back)

- Kneel on your hands and knees.
- Slowly arch your back up toward the ceiling. Hold when you feel a stretch in your mid and low back.



Butterfly (inner thigh)

- Sit with your back straight and knees bent.
- Place the soles of your feet together.
- Drop your knees toward the floor, until you feel a stretch along the inside of your thighs.



Knees to Chest

- Lay on your back.
- Bend both knees and bring them up towards your chest.
- With your hands around your thighs, gently pull your knees up further.



References

ACSM's Guidelines for Exercise Testing and Prescription, American College of Sports Medicine, 7th ed., (2006), Baltimore: Lippincott, Williams, and Wilkins
Healthy Runner's Handbook, Micheli, L.J., (1996), Champaign, IL; Human Kinetics

If you are a registered University of Illinois student and you have questions or concerns, or need to make an appointment, please call: **Dial-A-Nurse at 333-2700.**

If you are concerned about any difference in your treatment plan and the information in this handout, you are advised to contact your health care provider.

Visit the McKinley Health Center Web site at: <http://www.mckinley.uiuc.edu>