

# STRETCHING EXERCISES

Most running injuries come from a muscle imbalance. Stretching helps the muscles stay within the proper balance, thereby reducing injuries.

Stretches should be done when the muscles are warm.

It is most important to stretch after activity but some people find benefit of stretching before activity. (If you choose to stretch before your run please be sure the muscles are warmed up first.)

Stretches should be held for 20-30 seconds and repeated at least 3 times.

You should never bounce on a stretch.

A stretch should never hurt but feel like a slight pull.



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## Hamstring >

Foot of bent leg resting at opposite knee  
Head & shoulders up  
Lean straight forward at waist



## Short Abductor (groin) >

Feet together  
Head & shoulders up  
Lean straight forward at waist



## Glutes One (your butt) >

Sit cross legged  
Head and shoulders up  
Lean straight forward at waist



## Glutes Two (your butt) >

Knee toward the same shoulder  
Hug your leg



## Seated Piriformis >

Sit with foot resting on the opposite knee  
Lean straight forward keeping the head up and back straight



## Piriformis (deep in butt) >

Foot on opposite knee  
Grab bottom leg...relaxed upper body  
Pull leg toward chest



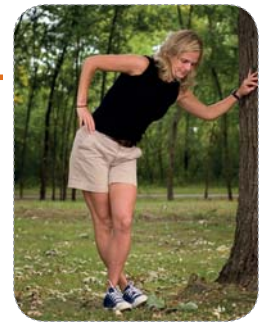
## Psoas (hip flexor) >

Front knee directly over ankle  
Back leg back 45 degrees  
Body upright...  
Drop hips down to floor



## Glute Med/ Lateral Chain >

Cross leg over side to be stretched  
Push hips to that side



## Gastrocnemius (outer calf) v

Heel on the ground  
Knee straight  
Lean hips into wall



## Soleus (deep calf) v

Heel on the ground  
Knee bent  
Lean hips into wall



## Quads v

Hang on to shoelaces of shoe  
Pull heel toward your butt  
Keep body upright



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