



3 DIMENSIONAL  
PHYSICAL THERAPY

# 4 Strengthening Exercises for Runners

## Side Lying Hip Abduction



Lay on your side with your legs straight. Keep your knee straight and lift your top leg up towards the ceiling. Avoid pointing your toes towards the ceiling by keeping the outside of your foot parallel with the floor, and make sure to stay lying directly on your side and avoid rolling backwards. Slowly lower your leg back to the starting position.

**Reps: 10 x 3 sets**



## Dead Bugs



Lie on your back in a reverse table top position. Keeping your back flat against the ground, extend your right knee and left leg, then return to starting position. Repeat on the opposite side.

**Reps: 30, alternating arms and legs each time.**



## Single Leg Heel Raises



Begin by standing in front of a stable surface on the leg you wish to exercise. Gently lift your heel off of the ground and push up onto your toe keeping your knee straight. When fully lifted, slowly lower your heel back to the ground. Repeat as directed.

**Reps: 8-12 x 3 sets**

## Cone Pick ups



Stand and bend over on one leg, hinging at the hips and keeping the back straight, to put down a cone (or any other object) on the floor. Keep your core engaged and your hips and shoulders square to the floor. Repeat with 5-6 cones. Then, pick them all back up, still standing on one leg and keeping your hips square to the floor.

**Reps: 5 cones up and down=1, 3x**

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