



3 DIMENSIONAL
PHYSICAL THERAPY

4 easy stretches for runners

Hamstring Stretch



Stand with your feet hip width apart. Place one leg in front of you. Hinging from your hips, reach forward towards your toes, keeping your torso straight.

Reps: 10x 10 sec hold

Half Kneeling Hip Flexor Stretch



Begin in half kneeling position. Before shifting your weight forward, tilt your pelvis posteriorly (or tuck your tailbone) by engaging your core and your glute muscle. Make sure to keep your hips square. Then, gently shift your weight forward.

Tip: To increase the stretch, reach over your head in the opposite direction

Gastroc Stretch



Knee will be straight or close to straight to keep the muscle lengthened. Drive the knee over the toe in order to bend the ankle and a stretch should be felt in the back of the calf and behind the knee.

Reps: 10 seconds x 10 sets

Soleus Stretch



Knee will be bent so that the gastrocnemius is not stretched. Drive the knee over the toes so that you feel a stretch in the back of the calf down to the heel.

Reps: 10 seconds x 10 sets

This content is for informational and educational purposes only. It does not take the place of medical advice or treatment from a physical therapist or other healthcare provider. Please consult with a physical therapist or healthcare provider for specific health concerns or questions.



@3dpt.us

www.3dpt.com



@3dpt_us