

**✳ Stretching is an important part of any exercise routine.**

### A) WARM UP

1. Ten minutes of fast walk or light run.
2. Range of motion exercises consisting of:
  - Ankle rotations in both directions, one foot at a time
  - Hip rotations in both directions
  - Walk on toes, pulling up on one wrist
  - Walking on heels, with toes curled under, keeping hips in line with shoulders,
  - Walk on toes, pulling up on the other wrist
  - Walk on heels again,
  - Stretch shoulders one at a time by pulling arm across body.
3. Next we do drills (A, B, and C Skips). These are introduced gradually throughout the clinic.

### B) STRETCHES

Refer to the stretches within this guide.

### C) RECOVERY

A great recovery technique is to put the legs up the wall. This consists of sitting with one hip against the wall and then rotating the torso onto the ground and extending the feet up the wall. You want to lay with the legs extended and feet flexed back so that heels are leading up the wall. Hips should be aligned and the back neutral (i.e. the natural curve under the lower spine remains). Core should be engaged so that the belly button pulls in towards the spine and shoulders are back or neutral.

**This technique allows for the blood to fully return to the heart and the legs to “flush” out readying them for fresh blood and nutrients to feed into the muscles and cells.**

### ABOUT FRONTRUNNERS

Fronrunners Footwear are locally owned and operated running and lifestyle stores. Fronrunners has been a fixture in the Island community since 1988. The staff at Fronrunners are dedicated to fitting your feet with the right shoe for you and for your activity. **The Fronrunners staff are runners and triathletes, knowledgeable about their sport and the active lifestyle on Vancouver Island.**



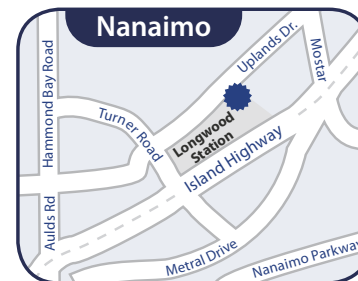
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GUIDE SERIES

# Stretching



Activate your muscles,  
Start with stretching!





## CALVES LOWER BACK OF LEG

Standing in front of a wall, stagger your legs apart forward to back. Keep the forward leg (closest to the wall) firmly planted on the ground (i.e. do not let the heel lift up). Move the forward knee close to the wall. The back leg and hips should be slightly bent. Press back heel into the ground. **Hold for 30 seconds. Drop back knee towards ground, hold for 30 seconds.**



## HAMSTRINGS BACK OF THE THIGH

Standing: **Step one foot about 6 inches to 1 foot** in front of the other, with feet about hip width apart. Pull your toes of the forward foot toward your knees. Weight should be on the back foot and the knee of the back leg should be bent. Make sure that your hips are square. Do not let your lower back round out. Bend at the hips and lean forward to increase the stretch in your hamstrings.



## QUADRICEPS FRONT OF THE THIGH

**Stand on one leg.** Hold the other foot in the palm of your hand. Ensure that your hips are level, i.e. that the hip of the leg you are stretching does not drop or rotate towards the ground. Push the top of your foot into your palm rather than pulling back behind you in order to preserve the discs of your lumbar spine. **Knees should be together throughout.**



## HIPS SIDE OF UPPER LEG & BUM

Bring one foot up and let the ankle rest on the opposite knee. Bend at the hips and lean forward to increase the stretch.



## SHOULDER

Bring one arm across your body at shoulder height. Gently push on the arm with your other arm to increase the stretch.



## CHEST

Bring both arms behind the upper body and link hands, pushing the chest forward. Alternatively, place hands on lower back, palms pressing into the back and push elbows behind you.