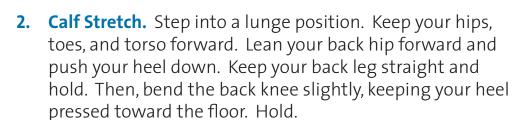
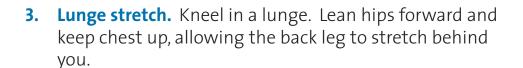
Flexibility Tips

from OhioHealth Sports Medicine Runner's Clinic

Improving your flexibility will help you run longer and stronger. Stretching can lead to improved performance and help prevent injury. Static stretching is most effective after running when the muscles are warm. You should feel a stretch or "pull" with stretching, but not pain. Static stretches should be held at full range of motion for 30-45 seconds. Repeat 2-3 times. Don't bounce.

1. Hamstring Stretch. Place one leg on a chair. Keeping both legs straight, stand up tall then slowly lean forward at your hip. Keep your back straight and your shoulders square.





4. Figure Four. Start lying on your back. Cross one ankle over the opposite knee. Pull the back leg toward you and lightly push the front knee away.

