

# 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.
- 2. Calf Stretch.** Step into a lunge position. Keep your hips, toes, and torso forward. Lean your back hip forward and push your heel down. Keep your back leg straight and hold. Then, bend the back knee slightly, keeping your heel pressed toward the floor. Hold.
- 3. Lunge stretch.** Kneel in a lunge. Lean hips forward and keep chest up, allowing the back leg to stretch behind you.
- 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.
- 5. Pigeon.** Sit with front leg bent at 90 degrees, back leg extended behind you. Hips, shoulders and torso square. Chest up. To increase the stretch lean forward over your front leg.

