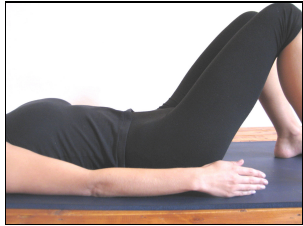


Exercise Sheets

THE BRIDGE



a) Flatten your back into the floor and try to activate your gluteal muscles. Starting from the tail bone, peel each joint from the floor in turn, gradually lifting the pelvis into a shoulder bridge position.

b) Lower slowly, joint by joint from the uppermost vertebra.



Try this exercise if:-

- You have tight hip or thigh muscles
- You have back pain whilst running
- You suffer from knee pain during or after running

Repeat 10-15 times slowly, twice a day

What it does

Encourages the gluteal muscles, hamstrings and spinal muscles to work in the correct order.

Actively lengthens the hip flexor area.

Improves quality of movement through the lower back.

Why it's good for runners

Often runners have very tight and overactive hamstrings. This exercise encourages other muscles to take on some of the work load.

Another common complaint amongst runners is tight muscles at the front of the hip/groin. This exercise helps to lengthen those.

If you have back pain whilst running, improving the quality of the movement and strength around the back will help.

Exercise Sheets

CLAM



Sidelying as shown. If there is a large waist to hip ratio, place a small rolled towel under the waist to keep the back straight (as shown in the second photo).

- Keep the hips aligned, one on top of the other and the feet together. Breathe in and lift the top knee like the opening of a clam shell.
- Breathe out and lower slowly.
- Breathe in and repeat.
- Repeat until the GLUTEAL muscle fatigues or you are noticing work in other areas such as the lower back or front of hip.



Important points:

Do not let the top hip roll backwards. Ensure that it is the gluteal muscles that are working, not the muscles at the front of the hip or lower back.

Try starting with the knees bent up to different degrees to try and reduce the hip flexor/ spinal compensation strategies. Practice from the position where the least compensation occurs.

Work until the gluteal muscle fatigues then swap sides. Twice a day.

What it does

Works the gluteal muscle which is largely responsible for stabilising the pelvis every time you are standing on one leg.

For you if:-

- You have knee pain after you have been running a while
- You have started noticing tightness at the front of the hip
- You start to get discomfort in the lower back which worsens the further you run
- You suffer from ITB pain around the outside of the knee.

Why it's good for runners

Runners are very accomplished at finding alternative strategies to stabilise the pelvis, especially as fatigue sets in. Compensation strategies very often lead to symptoms in those areas e.g. the lower back, groin or knee.

MARATHON SPECIAL

Exercise Sheets

SWIMKICK



Start lying face down as shown.

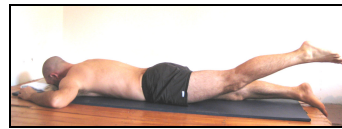
Throughout all levels of this exercise try to maintain the pelvis and lower back **STILL** and the gluteal muscles contracted on both sides during both leg movements.

- Breathe in and bend one knee to about 90 degrees
- Breathe out and return leg to the original position
- Breathe in and repeat with the other leg



Remember, do not allow the pelvic bones to push into the floor underneath you.

Repeat 20-30 times alternating each time. Twice a day.



Variation (as in the 3rd photo)

- Breathe in and lift one straight leg
- Breathe out and lower
- Repeat alternating legs

What it does

Encourages the correct use of the gluteal muscles versus the hamstrings and spinal muscles.

Helps strengthen and stabilise the lower back and pelvis.

Increases muscle length around front of hip and quadriceps therefore decreasing the stress around the knee.

Why it's good for runners

Runners often complain of short, tight hamstrings. This is often due to the slow activation of the gluteal muscles. This exercise reverses that habit therefore allowing the hamstrings to lengthen. This will, in time, increase stride length and efficiency of the running cycle. Lower back muscles also get overused when the gluteal muscles are slow to act, causing back pain during running. This exercise can therefore also be used to reduce the occurrence of lower back pain whilst running. It can also be used to reduce knee pain occurring due to poor pelvic control and quadriceps tightness.

For you if:-

- You have tight quadriceps, hip flexors or hamstrings
- You notice pain at the front of the hip or groin
- You have back pain as you start to get tired during your run