

## BALANCED FLEXIBILITY FOR RUNNERS

- **Lying Hamstring Stretch.** Lie flat on your back with one end of the band/rope under the ball of your foot and the other end in your hand. Slowly pull your leg up while keeping your opposite leg flat on the ground. Take deep breaths and exhale slowly as you increase your range of motion in the stretch. Hold the stretch for 30 seconds.
- **Lying Quadriceps Stretch.** Lie on your stomach with one end of the band/rope around the top of your foot and the other end in your hand, over the opposite shoulder. Slowly pull your quad up off the ground until your hip comes off as well. Hold for 30 seconds. Take deep breaths and exhale slowly. You won't be able to increase range of motion very much in this stretch, but try to resist twisting your hips. This will allow for a deeper stretch in the muscle. You should feel this stretch at the site of the OSD and it should help alleviate tightness and discomfort. The aim is to lengthen the muscle so that the tightness, stiffness and swelling can decrease, as well as the pain.
- If you don't have access to a band or rope, perform these stretches from a standing position. Simply standing with your feet together and reaching for the ground is an alternative to stretch your hamstrings. Hold onto something for support, grab your foot with your opposite hand and pull the bottom half of your leg up toward your butt until you feel the stretch in the quad muscle as well as the hip and knee.
- Do these daily