

## Injury Prevention for Runners/Walkers

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### 1. Dynamic Warm Up:

Spend about 10 minutes getting your body warm and doing “dynamic stretching” which may include:

- Hight knees
- Butt kickers
- Hip openers/hip closers
- Leg swings (forward/back and side/side)
- Walking lunges
- Lateral lunges
- Trunk rotations
- Jumping squats

### 2. Strengthening:

Focus on hip (glute muscles) and core strengthening.



### 3. Avoid Overtraining

General rule is do not increased more than 10% per week in mileage but keep in mind everyone is different! This may be too much for you.

### 4. Cross-training

Pick an activity you enjoy other than running to perform on non running days. Ideally, low impact exercise would be best.

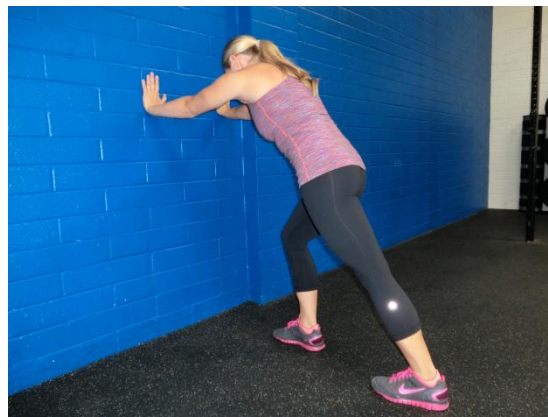
**5. Static Stretches to be done AFTER RUNNING/WALKING**

(Each of these stretches should be held for at least 30 seconds, repeating 3 times each side)

**Hamstring Stretch:** lying on back lift one leg straight up until a stretch is felt in the back of the thigh.



**Calf Stretch:** Perform with back knee straight, then repeat with back knee bent.



**Kneeling hip flexor stretch:** Make sure you are tucking your pelvis under so you are not arching in the low back and slowly lean forward until a stretch is felt in the back leg.

