

REHAB IT.

PHYSICAL THERAPY

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To access video demonstrations of these exercises, please navigate to:

<https://library.theprehabguys.com/patient-portal/?playlist=4AD9YHT8>



This warm-up was designed by a physical therapist to help you feel strong, mobile, and confident - whether you're heading out for a training run or lining up on race day. Use it before each run to wake up the right muscles, boost efficiency, and help prevent injury. It is important to include mobility work, dynamic movements, and elevate your heart rate before beginning your run. A few intentional minutes now can make every mile feel smoother. Can't wait to see you crush it!

MOBILITY

STEP 1



STEP 2



HALF KNEELING HIP FLEXOR AND HAMSTRINGS STRETCH - DYNAMIC

REPS: 10 HOLD: 5 SECONDS

HOW: Get set-up in a half-kneeling position with something under your knee for comfort. Tuck your tailbone, keep your low back flat and chest up, and shift your weight forward to get a stretch on the hip flexor. Then straighten your other knee, hinge at your hip with your chest up, and shift your weight backward to get a hamstrings stretch. Repeat.

FEEL: The side with the knee down is going to be the side you feel the hip flexor stretch on in front of your hip and maybe even down into the front of your thigh. The opposite leg you will feel the hamstrings stretch behind your thigh.

COMPENSATION: Do not arch or bend excessively at your back, move from your hips to drive the motion.

STEP 1



STEP 2



WALKING PIGEON STRETCH

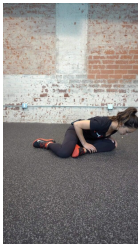
REPS: 10 HOLD: 5 SECONDS

HOW: Shift your weight to one leg as you bend the opposite knee and place the lower leg over the top of the knee on the leg you're standing on. Hinge forward at the hips keeping your back flat and slightly sink down on your leg creating a stretch in the bent leg. Hold this for as long as prescribed and do this as you walk forward alternating legs.

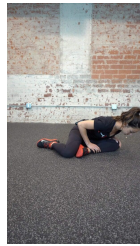
FEEL: You should feel a stretch in the hip you are bending.

COMPENSATION: Don't lean to either side, stay upright even as you hinge forward.

STEP 1



STEP 2



90/90 HIP SWITCH STRETCH

REPS: 15 HOLD: 3 SECONDS

HOW: Begin in a seated position with both knees bent on the ground. One knee should be lying on its outside, and the other should be lying on its inside. Sit up tall, hinge forward at the hips and lean towards the knee lying on its outer edge and hold that stretch for about five seconds. Then, rotate to the other side while keeping your heels on the ground and rotate your legs in the other direction again hinging forward at the hip towards the knee laying on it's outer edge.. Perform that stretch on each side for the prescribed amount of reps.

FEEL: You should feel a stretch in each hip as you lean forward.

COMPENSATION: Keep your back straight, don't hunch forwards as you lean into each stretch.

STEP 1



STEP 2



WALL CALF STRETCH - KNEE STRAIGHT, DYNAMIC

REPS: 15 HOLD: 3 SECONDS

HOW: Get set-up standing with a wall in front of you and place your hands on the wall. Take a step back with the side you plan to stretch. While keeping the foot you stepped back with flat on the ground, knee straight, and toes facing 12 o'clock, slowly lean and shift your weight forward until you feel a stretch, hold this position for a moment, then return to starting position and repeat.

FEEL: You should feel a stretch in the calf of the foot that is behind you, specifically behind and below your knee and potentially right above your ankle. You shouldn't feel pain or a pinch in front of your ankle.

COMPENSATION: Be sure to keep your back foot facing 12 o'clock, do not let your foot turn out or in. Try to keep your heel down. Keep the knee straight

STEP 1



STEP 2



WALKING QUAD STRETCH

REPS: 10 HOLD: 5 SECONDS

HOW: Grab one foot's ankle with the same side's hand. Pull your heel to your butt while keeping your thigh straight. Reach straight up overhead with the opposite arm. Hold this stretch for as long as prescribed. Repeat by moving forward and alternating legs.

FEEL: You should feel a stretch in your quadriceps muscles.

COMPENSATION: Don't push your knee out when trying to hold the stretch, keep it straight down from your hip. Don't lean forwards or backwards, stay tall.

DYNAMIC MOVEMENTS

STEP 1



STEP 2



WALKING SINGLE LEG RDL

REPS: 10-12

HOW: Maintain a flat back, hinge forward at the hips reaching for your toes while you kick one leg straight back and slightly bend the knee you are standing on. Do this walking forwards and alternating each leg.

FEEL: You should feel your hamstrings, core, and glute muscles working.

COMPENSATION: Don't rotate to either side as you hinge forward. Stay strong in your hip and don't let it push out to the side.

STEP 1



STEP 2



FORWARD LUNGE - WALKING

REPS: 10-12

HOW: Start in a standing position. Perform the exercise by taking a step forward and assuming a lunge position. Stand tall and repeat on the other side while taking a step forward. Repeat

FEEL: This should feel like a lower body workout and will get your heart rate up. You should feel your quads and glutes primarily working with this exercise, specifically the front leg. Think of the back leg as a kickstand to just help with balance, try to keep at least 80% of your weight on the front leg.

COMPENSATION: All of the same rules apply when it comes to lunge form, do not let your upper body lean side to side. Do not let your knee cave in, do not let your pelvis sway side to side, do

not lean back too much and have too much weight on your back leg.

STEP 1



STEP 2



SINGLE LEG HEEL RAISE REPS: 15

HOW: Stand in front of a wall or an object to use for balance. Stand on the leg you want to train. While keeping your glutes and quads tight to keep your knee straight, lift your heel up in a slow and controlled manner, then slowly lower your heel back down to the ground. Repeat

FEEL:? You should feel your calf getting a workout, but also your glutes and quads working as well to help keep your leg straight.

COMPENSATION:? Do not let your knee bend as that is a different exercise. Make sure you go through your full range of motion at your ankle. This is not a balance exercise, so hold onto something to help with balance as the goal of this exercise is to strengthen your calf!^{STEP 1}

STEP 2 SINGLE LEG BRIDGE - LEG BENT REPS: 10-12



HOW: Start on your back with one knee bent on the floor and the opposite leg bent in towards your chest. Tighten up your stomach first, then your glutes. Next, drive your heel into the ground and lift your hip up towards the ceiling with the bent knee. At the end position your knee, hip, and shoulder should be in one straight line. Hold the end position and squeeze the glutes, then slowly return to starting position.

FEEL: You should feel your glutes work to control this motion. At no point should you feel your low back muscles doing the lifting motion. If you feel it only in your hamstrings, try bending your knees a bit more and repeat.

COMPENSATION: Avoid arching at the low back as you perform this.

ELEVATE YOUR HEART RATE

STEP 1



STEP 2



A SKIP HOLD: 30 SECONDS

HOW: Drive one knee up at a time while moving your opposite arm up with the knee. Add a slight hop with the leg on the ground and perform this going in a forward motion for the prescribed amount of reps. It is key to make sure you get the rhythm of each small hop as you drive the knee up. Work on control and then speed as you get better!

FEEL: You should feel your leg muscles working, especially your calves and hip flexors.

COMPENSATION: Stay in an upright position, don't slouch your back forwards. Don't twist your hips as you move forwards, focus your movement on driving the knee up with the added hop from the opposite leg.

STEP 1



STEP 2



POGOS - TRANSVERSE HOLD: 30 SECONDS

HOW:? Get set up in a standing position. Begin this exercise by bouncing on the balls rotating from one side to the other. Think of yourself as a rubber band or a spring loaded coil. Be bouncy!

FEEL:? You should focus on maintaining a rigid/stiff foot/ankle as well as your legs, think of this exercise like you're bouncing on a pogo stick. You want to keep your legs stiff so that you 'bounce' like you're bouncing on a stiff spring.

COMPENSATION: ?Do not let your knees excessively bend or your heels touch the ground, stay strong with your quad's and bounce on the balls of your feet.

STEP 1



STEP 2



SINGLE LEG POGOS HOLD: 20 SECONDS

HOW: Get set up in a standing position balancing on one leg. Begin the exercise by bouncing up and down on one foot on the balls of your foot and repeating as if you were single leg jump roping/hopping in place.

FEEL: You should focus on maintaining a rigid/stiff foot/ankle as well as your leg, think of this exercise like you're bouncing on a pogo stick. You want to keep your leg and ankle stiff so that you 'bounce' like you're bouncing on a stiff spring.

COMPENSATION: Do not let your knee excessively bend or your heel touch the ground, stay stiff and bounce on the balls of your feet.