



Elite
Sports Therapy

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The "Elite" Guide to Preventing Running Injuries

STRENGTHENING COMPONENT:

1. Single Leg Squat



Start

Finish

2. Leg Raises



Start

Finish

3. Eccentric Calf Raises



Start

Finish

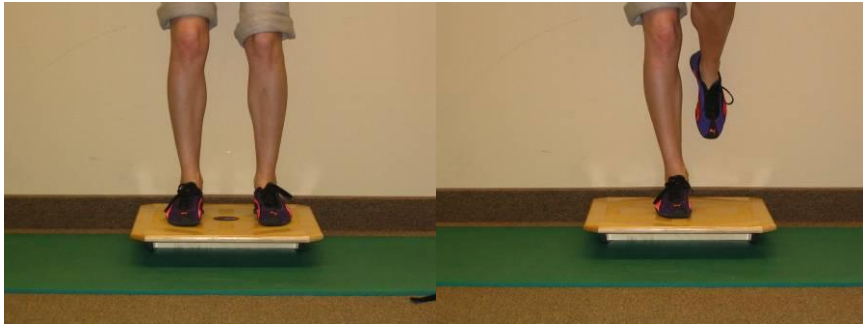
4. Bridge with Leg Abduction



Start

Finish

5. Wobble board



Double leg

Single leg

STRETCHING COMPONENT:

1. Hip flexor/Quadricep stretch



Hip flexor

Quadricep

2. Foam roller for ITB



3. Hip rotator stretch



4. ITBand Stretch



5. Hamstring stretch



6. Calf stretch



With knee straight



With knee bent

Disclaimer

This information is not intended to be a substitute for professional medical advice. You should not use this information to diagnose or treat a health problem or disease without consulting with a qualified health care provider. Please consult your health care provider with any questions or concerns you may have regarding your condition. Any attempt to diagnose and treat an illness using the information in this form should come under the direction of a trained medical practitioner. We accept no responsibility for any adverse effects or consequences resulting from the use of any of the suggestions or procedures in this form. By using the information in this form you are confirming that you understand this statement and that you accept all risk and responsibility.

All matters regarding your health should be supervised by your health care provider. All information provided in this form is for the purpose of education, not treatment.