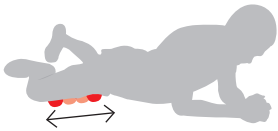


USE re+ TOOLS TO HELP WITH YOUR RUNNING.

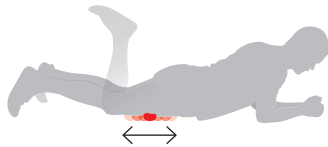


RELEASE TECHNIQUES

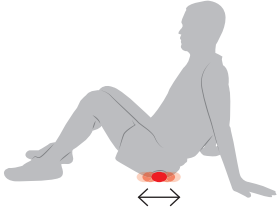
Adductor roll



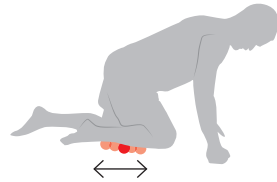
Quad roll



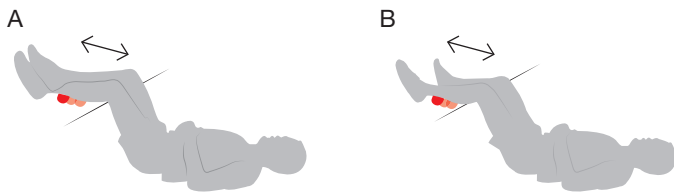
Glute/piriformis roll



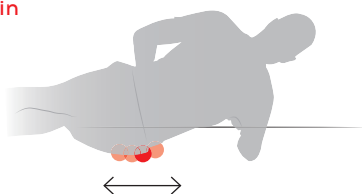
Front leg roll



Calf roll

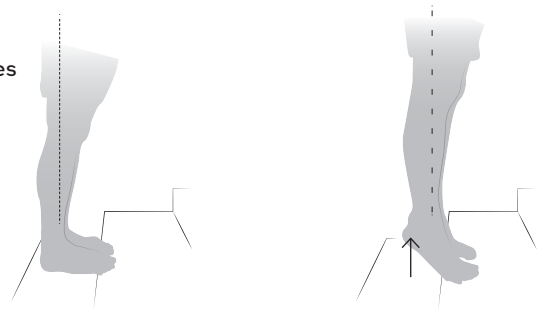


TFL/glut med/min



STRENGTHEN TECHNIQUES

Calf raises



Wall glutes



Darts



Foot scrapes



Check out our website for detailed instructions and videos.
 This program is aimed to supplement the specific advice given to you by your experienced clinician.
 If pain increases with any activity, stop and see your professional!

USE rechargeclass TO HELP WITH YOUR RUNNING.

We recommend these tools



DOUBLAR



SOLO



EAGLE



BIRDIE

Warm-up

Research and practice has changed what we do to warm up our body before a tough session. Don't overdo any stretching or release of muscles that will be needed to work hard during your session. Increasing a muscle's range of motion can also reduce its power. In general, we want to gently release muscles that are tight so we can start the session with better posture and joint range of motion. For example, after sitting for a long period, our hip flexors can shorten. These need to be long to allow the hip to extend for a powerful stride. Follow this up with a dynamic and/or specific warm up to fire up the muscles you need to use.

Recovery

After a hard session, we want to reduce the stiffness and muscle pain you feel days later. The quicker we can recover, the harder we can go next session (and the more we can enjoy it). This leads to greater improvements in your performance. Treat the muscles you have just worked to return them to their full range of motion. Ones to go for after running include hip flexors, quads, hamstrings, glutes and calves. You may also wish to consider releasing your low and mid back as well as the muscles in your feet.

Pre-hab

No one likes the thought of injury, lost training time, and the subsequent frustration and loss of performance. Pre-hab is now commonplace in the elite level of sports – make it part of your training too. If you want more incentive, research suggests that appropriate and targeted pre-hab exercises can also improve your performance. Preventing injury AND making you quicker – what are you waiting for? For running, extra attention should be paid to the muscles prone to niggles and injury. These include calves, shin (particularly tibialis anterior), piriformis, TFL, glute med, hip adductors, iliopsoas, vastus lateralis, rectus femoris and hamstrings. Strengthening the muscles in your feet, calves, hamstrings and core are also recommended.

Common overuse conditions

Runners can be prone to the following conditions: sciatica, piriformis syndrome, iliotibial band (ITB) syndrome, hamstring strain, patellofemoral pain, calf muscle strain, shin splints, stress fractures, Achilles tendonitis, ankle inversion injury and plantar fasciitis. If you notice signs and symptoms associated with any of them, see your health professional for a complete assessment before things get worse.



Release and Mobilise

Inherently these are passive changes that are applied to your tissue. That is, you apply a force to relaxed tissue and the tissue changes passively to this force. That change may be in relation to the length of the muscle, such as treating trigger points (**release**) or the movement of the joint (**mobilise**).

Activate and Strengthen

These are active changes applied to your tissue. That is, the muscle we want to change does all the work. We sometimes need to use a small and subtle contraction to 'wake up' the neural pathway to that muscle (**activate**) before we can adequately add more power (**strengthen**).