

Corrective Exercises for Running Injury-free

Corrective Exercises for Running Injury-free

with Rick Kaselj, MS

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More Free Info on Exercise & Injuries

- **\$299 Fitness Education**
 - Returning the Shoulder Back to Optimal Function Seminar
 - Exercise Modification for the Sensitive Shoulder Seminar
 - Visit www.ExercisesForInjuries.com

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My Story

- BSc – 1997
- MS – 2008 / RC
- Work – physio, studio, gym, rehab
- Courses
- Writing
- Blog – ExercisesForInjuries.com



Rick Hiking 4300 km / 5 months from Mexico to Canada



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Corrective Exercises for Running Injury-free

Objectives

1. Assessing the Runner
2. Corrective Exercise Program for Runners

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Assessing the Runner

– Running at a Fast Speed

- *Toeing out*
- *Hip ER*
- *Thoracic spine*



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Assessing the Runner

– Squatting

- *Latissimus dorsi tightness*
- *Knee collapsing*
- *Ankle flexibility*



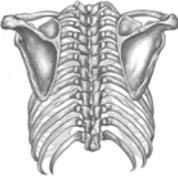
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Assessing the Runner



– Seated Rotation
• Thoracic Spine



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Corrective Exercise Program for Runners

- SMR & Trigger Points
 - 6 exercises
- Mobility Exercises
 - 4 exercises
 - 10 times
- Lengthening Techniques
 - 9 exercises
 - 2 x 30 seconds

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Foam Rolling

- Self massage
- Decrease muscular tension
- Help with circulation
- Self myofascial release
- Trigger points



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The Difference

- **SMR**
 - Over active tissue
 - Roll 5 times
- **TRP**
 - Over active bundle of tissue
 - Hold when relax move on

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Gastrocnemius



- **Outer Calf**
 - Lateral gastrocs

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Biceps Femoris

- **Lateral Hamstring**
 - Long head



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Rectus Femoris



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- **Quadriceps**
 - Knee extension & Hip flexion
 - Tip - IR & ER



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Iliotibial Band

- **IT Band**
 - Frontal plane weakness



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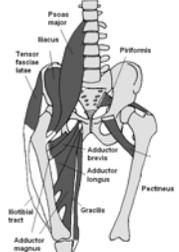
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Adductor Magnus / Gracilis

- **Adductors**
 - Inner thigh to knee



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Latissimus Dorsi



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- **Lats**
- T-spine and lean to side



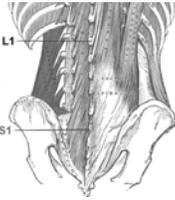
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Quadratus Lumborum



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- **QL**
- Dual tennis ball



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Mobility Exercises

- **Improve the movement of joints**

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Ankle Mobilization



- **Knee Towards Wall**

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Thoracic Mobility

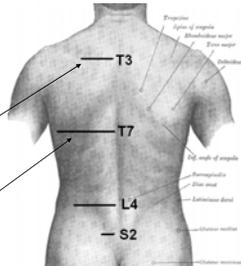
- **Resist into Rotation**



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Thoracic Mobility

- **Full T-spine**
 - Hands at Side
 - Hands on Shoulder
 - Elbows High
 - Praying



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Thoracic Mobility



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Thoracic Mobility



- **Segmental**
 - Foam roller
 - Dual Tennis Balls

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Gastrocnemius

- **Calf Stretch**
 - Heel Out



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Soleus



- **Soleus Stretch**
 - Heel out
 - Movement at hip

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Biceps Femoris

- **Outer Hamstring**
 - Long head
 - Movement at hip
 - Toe out



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Rectus Femoris

- **90-90 Hip Flexor Stretch**
 - Heel out



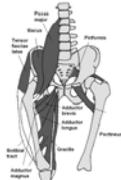
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Iliacus



- **Hip Flexor Stretch**
– Hand straight up



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Psoas

- **Hip Flexor Stretch**
– Hand straight up
– Side bend



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Quadratus Lumborum




- Transverse plane

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Latissimus Dorsi



– Rotation with Side Bend

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Adductor Magnus / Gracilis

- **Inner Thigh**
 - Back leg a touch back



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When to Do This

- **Corrective Exercise**
 - After the run
- **Before**
 - Dynamic warm up
 - Light first 10 to 20 minutes

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Thank You

- **Send me your questions!**

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- **Rick Kaselj**
 - rick@ExercisesForInjuries.com
 - www.ExercisesForInjuries.com

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