


## 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](http://www.ExercisesForInjuries.com)

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### My Story

- BSc – 1997
- MS – 2008 / RC
- Work – physio, studio, gym, rehab
- Courses
- Writing
- Blog – [ExercisesForInjuries.com](http://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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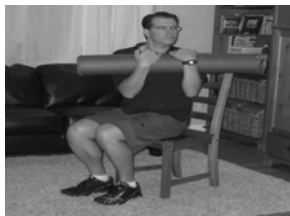
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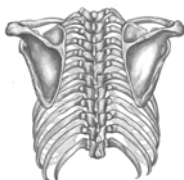
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## Corrective Exercises for Running Injury-free

### 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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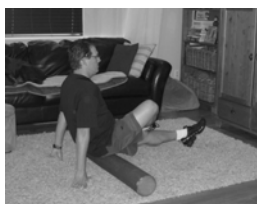
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### Foam Rolling

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



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## Corrective Exercises for Running Injury-free

### 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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## Corrective Exercises for Running Injury-free

### Rectus Femoris



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



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### Iliotibial Band

- **IT Band**
  - Frontal plane weakness



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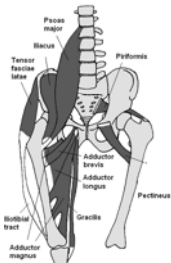
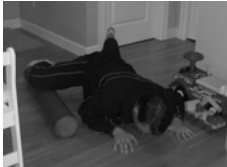
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### Adductor Magnus / Gracilis

- **Adductors**
  - Inner thigh to knee



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## Corrective Exercises for Running Injury-free

### Latissimus Dorsi



- Lats
  - T-spine and lean to side



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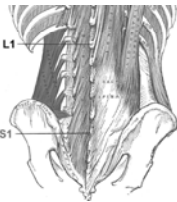
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### Quadratus Lumborum



- QL
  - Dual tennis ball



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### Mobility Exercises

- Improve the movement of joints

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## Corrective Exercises for Running Injury-free

### Ankle Mobilization



- Knee Towards Wall

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### Thoracic Mobility

- Resist into Rotation



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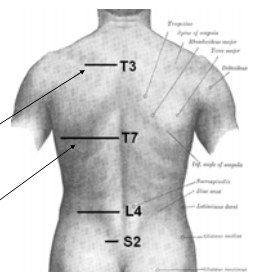
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### Thoracic Mobility

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

Spine of Scapula  
Inferior Angle of the Scapula



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## Corrective Exercises for Running Injury-free

### 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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## Corrective Exercises for Running Injury-free

### 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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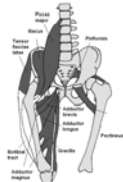
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### Iliacus



- **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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## Corrective Exercises for Running Injury-free

### Latissimus Dorsi



– Rotation with Side Bend

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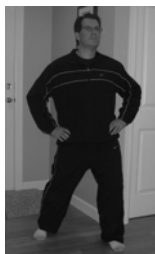
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### Adductor Magnus / Gracilis

- **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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## Corrective Exercises for Running Injury-free

### Thank You

- **Send me your questions!**
- **Visit [ExercisesForInjuries.com](http://ExercisesForInjuries.com) to get \$299 in Fitness Education Gifts**
- **Rick Kaselj**
  - [rick@ExercisesForInjuries.com](mailto:rick@ExercisesForInjuries.com)
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