

# Corrective Exercises for Running Injury-free

with Rick Kaselj, MS

Rick Kaselj – 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**

**Rick Kaselj – [ExercisesForInjuries.com](http://ExercisesForInjuries.com)**

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# Objectives

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

# Assessing the Runner

- Running at a Fast Speed
  - *Toeing out*
  - *Hip ER*
  - *Thoracic spine*



# Assessing the Runner

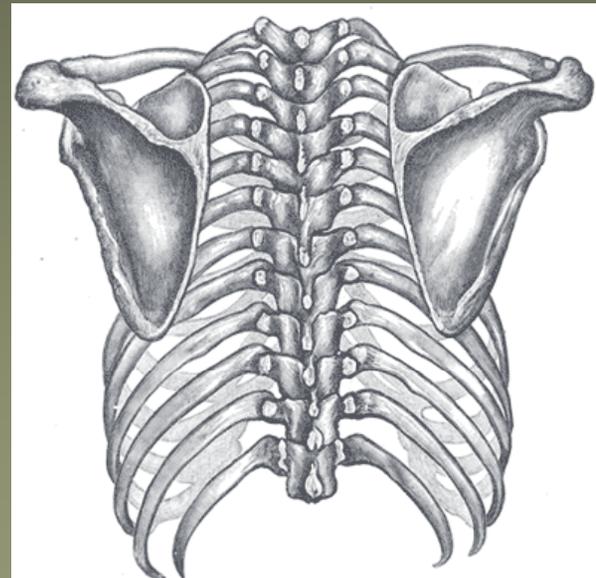
- Squatting
  - *Latissimus dorsi* tightness
  - *Knee collapsing*
  - *Ankle flexibility*



# Assessing the Runner



- Seated Rotation
  - *Thoracic Spine*



# Corrective Exercise Program for Runners

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

# Foam Rolling

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



# The Difference

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

# Gastrocnemius



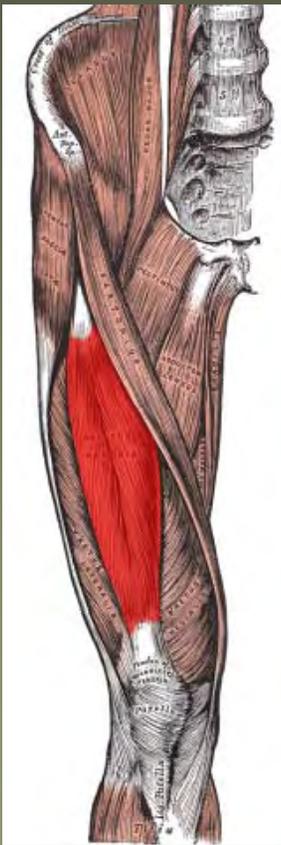
- Outer Calf
  - Lateral gastrocs

# Biceps Femoris

- Lateral Hamstring
  - Long head



# Rectus Femoris



- Quadriceps

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



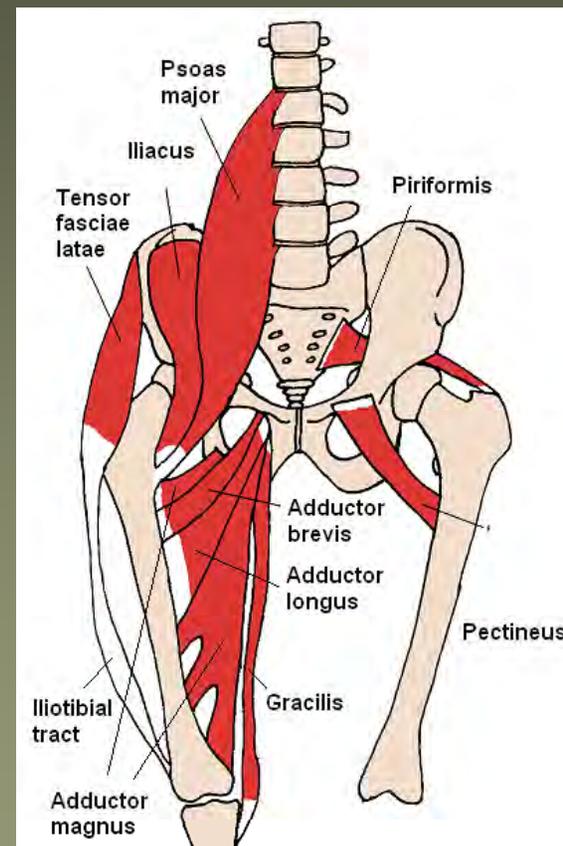
# Iliotibial Band

- IT Band
  - Frontal plane weakness

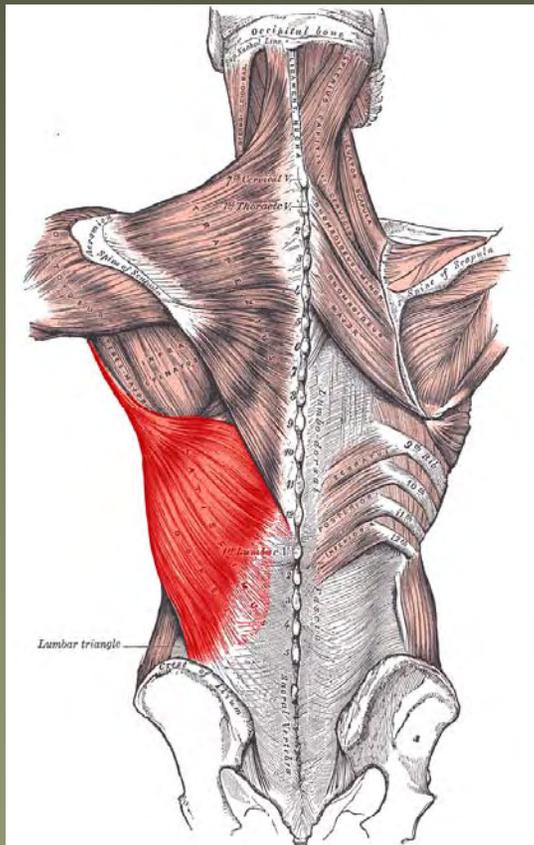


# Adductor Magnus / Gracilis

- Adductors
  - Inner thigh to knee



# Latissimus Dorsi



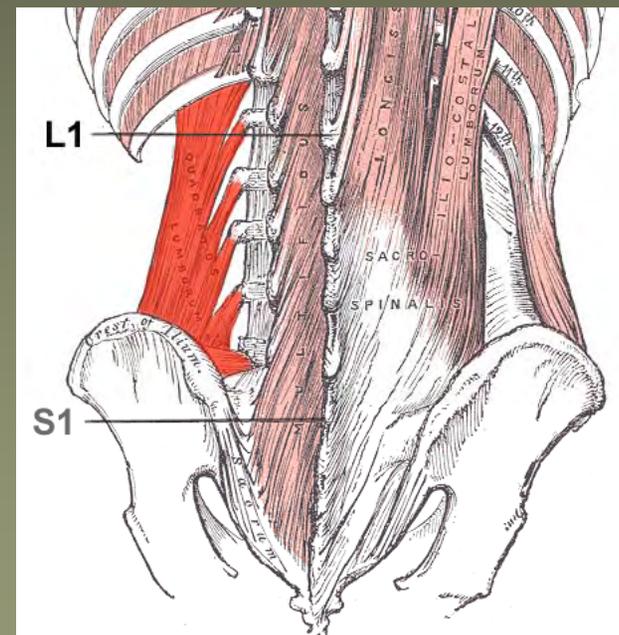
- Lats
  - T-spine and lean to side



# Quadratus Lumborum



- QL
  - Dual tennis ball



# Mobility Exercises

- Improve the movement of joints

# Ankle Mobilization



- Knee Towards Wall

# Thoracic Mobility

- Resist into Rotation



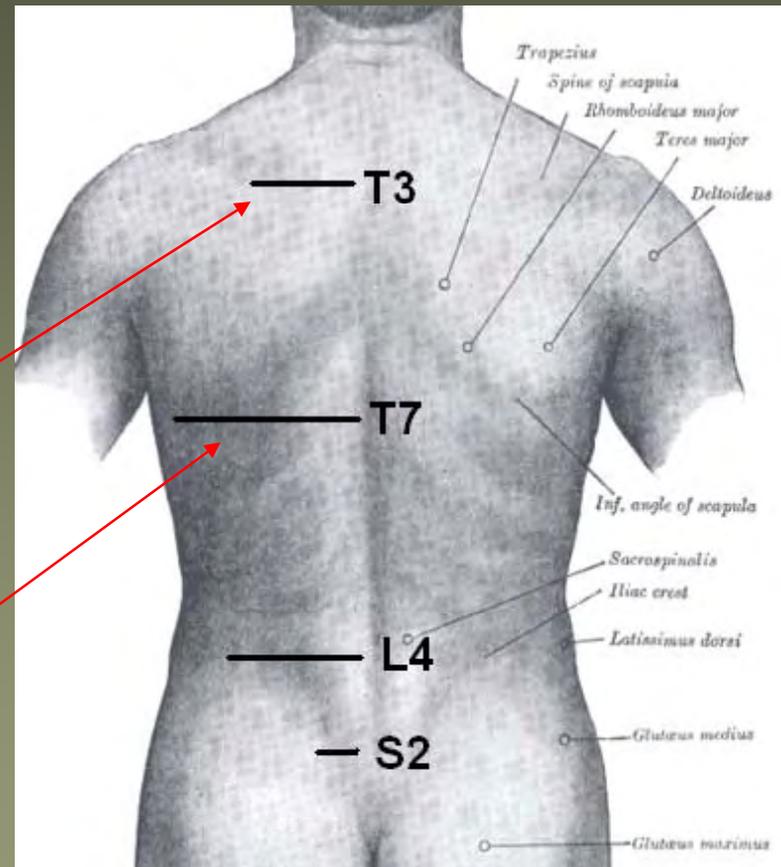
# Thoracic Mobility

- Full T-spine

- Hands at Side
- Hands on Shoulder
- Elbows High
- Praying

Spine of Scapula

Inferior Angle of the Scapula



# Thoracic Mobility



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# Thoracic Mobility



- Segmental
  - Foam roller
  - Dual Tennis Balls

# Gastrocnemius

- Calf Stretch
  - Heel Out



# Soleus



- Soleus Stretch
  - Heel out
  - Movement at hip

# Biceps Femoris

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



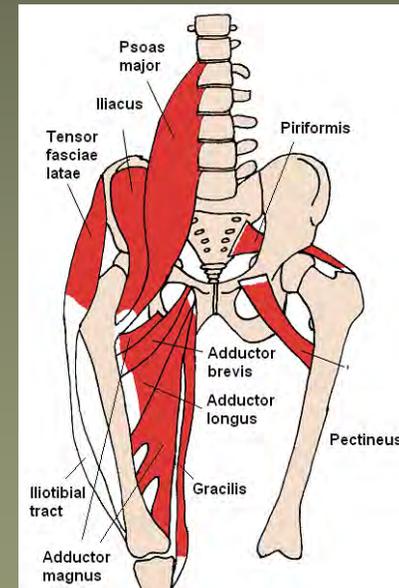
# Rectus Femoris

- 90-90 Hip Flexor Stretch
  - Heel out



# Iliacus

- Hip Flexor Stretch  
– Hand straight up



# Psoas

- Hip Flexor Stretch
  - Hand straight up
  - Side bend



# 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



# When to Do This

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

# Thank You

- **Send me your questions!**
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