

Corrective Exercises for Running Injury-free

with Rick Kaselj, MS

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

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**

Rick Kaselj – 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

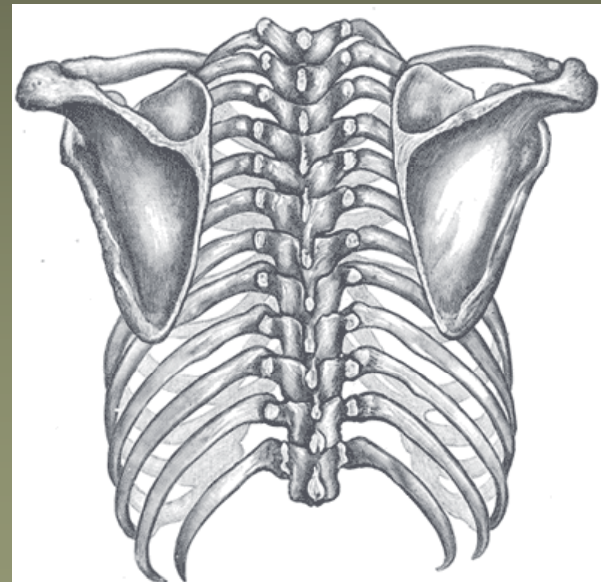
- Squatting
 - *Latissimus dorsi* tightness
 - *Knee collapsing*
 - *Ankle flexibility*



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

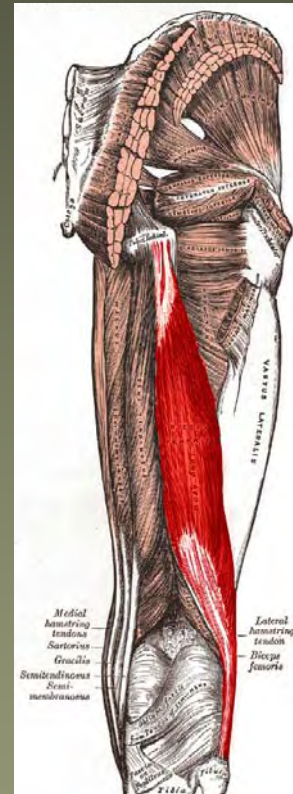
Gastrocnemius



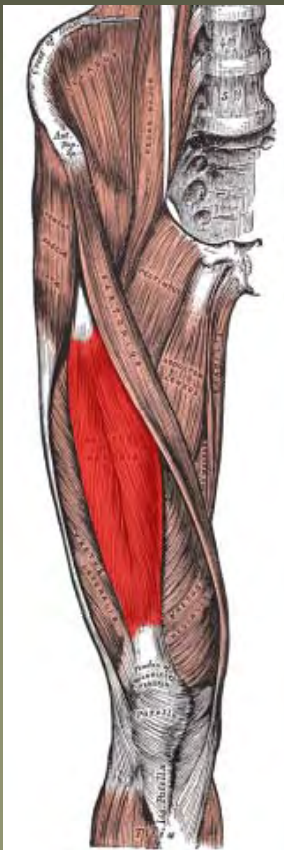
- Outer Calf
 - Lateral gastrocs

Biceps Femoris

- Lateral Hamstring
 - Long head



Rectus Femoris



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



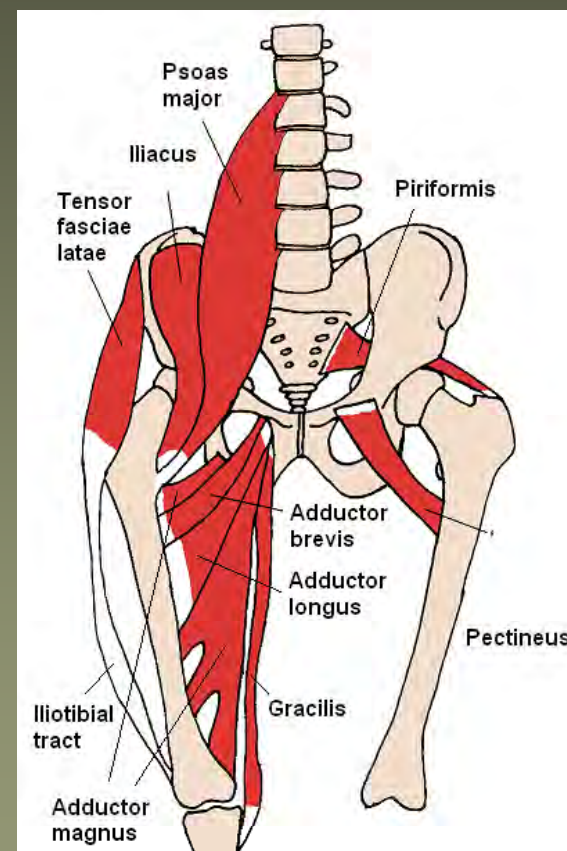
Iliotibial Band

- IT Band
 - Frontal plane weakness

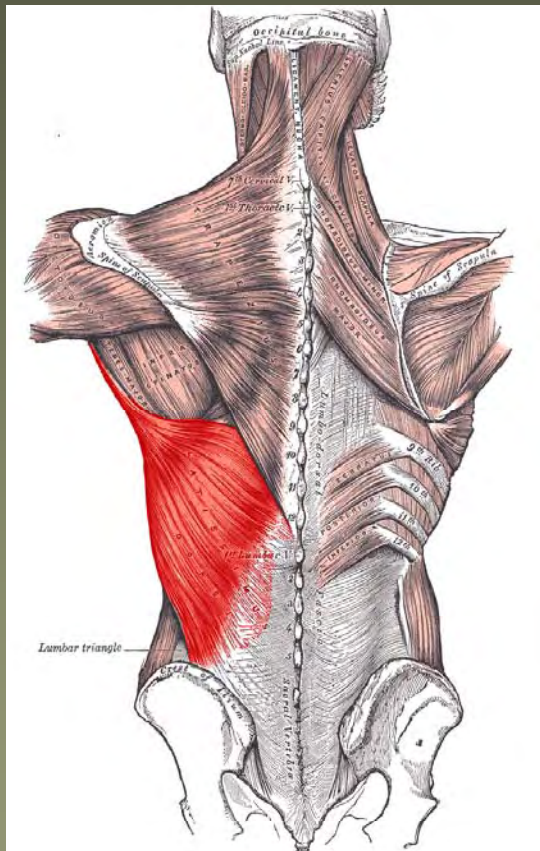


Adductor Magnus / Gracilis

- Adductors
 - Inner thigh to knee



Latissimus Dorsi



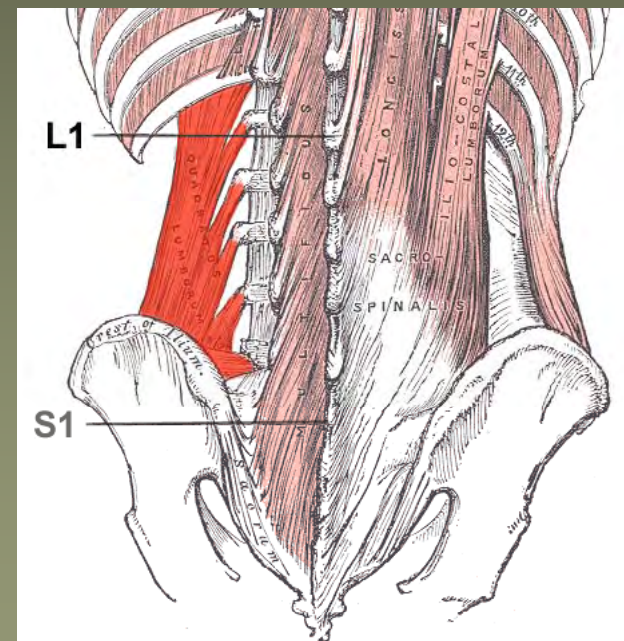
- Lats
 - T-spine and lean to side



Quadratus Lumborum



- QL
 - Dual tennis ball



Mobility Exercises

- Improve the movement of joints

Ankle Mobilization



- Knee Towards Wall

Thoracic Mobility

- Resist into Rotation



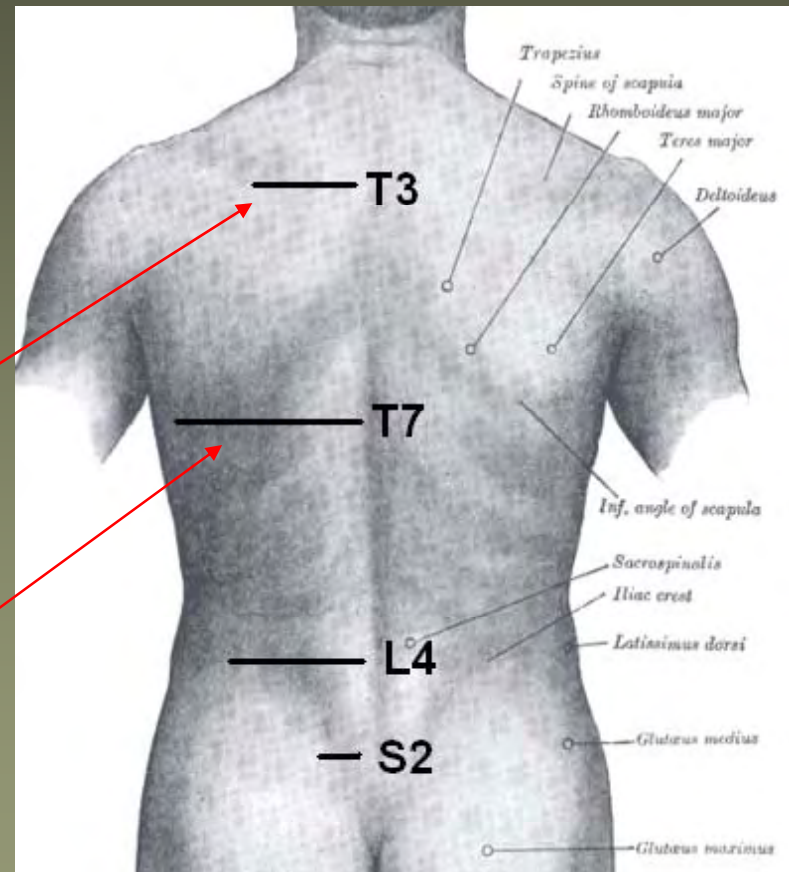
Thoracic Mobility

- 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

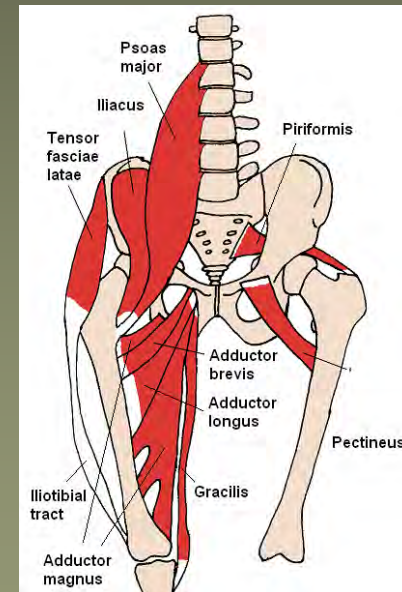
- 90-90 Hip Flexor Stretch
 - Heel out



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!
- Visit ExercisesForInjuries.com to get \$299 in Fitness Education Gifts
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 - rick@ExercisesForInjuries.com
 - www.ExercisesForInjuries.com

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