

## Runners: Five exercises to enhance your training

### 1- Wall push - Sets:3 / Repetition:8-12 / Hold:5 secs



Stand next to a wall with the affected leg the farthest to the wall and the knee slightly bent.  
Bend the other leg so the hip is about 90 degrees flexed and push against the wall while squeezing the buttocks.



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### 2- Stabilization step down - Sets:3 / Repetition:10



Stand up straight on the top of a stool with your supporting foot facing directly forward.  
Lower the other foot in front of you and align the knee cap of the supporting leg with the second toe of that foot.  
Step down while maintaining that alignment.  
Return to your starting position by raising your foot back up onto the stool and repeat.  
Control your supporting knee from going inward by squeezing your buttocks together.



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### 3- Stretching glutes - Sets:1 / Repetition:5 / Hold:30 secs



Lie on your back with your knees bent, place one foot (affected side) over the opposite knee.  
Grab behind the leg that is on the ground with your hands and pull it toward you until you feel a gentle stretch.  
Maintain the position and relax.  
Push on your knee to increase the stretch.  
As an alternative, lie in front of a wall and use the wall to push your foot if you have trouble reaching the back of your leg.



**4- SLS with hip at 90°** - Sets:1 / Repetition:5 / Hold:30 secs-1 min



Stand on one leg and raise the opposite thigh parallel to the ground so the hip is flexed at 90 degrees.  
Hold the position for the prescribed duration.  
Keep the knee of the supporting leg straight, without being hyperextended.  
Try to keep your eyes fixed on a stable object/point to help with your balance.



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**5- Standing plantar flexion** - Sets:3 / Repetition:10-12



Stand upright and raise on the tip of your toes.  
Lower yourself and repeat.

