

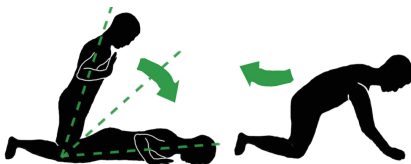
Running Strength

Before commencing any exercise on this sheet please ensure they are suitable for you to perform. This is to avoid injury or aggravation of any pain complaint you may already have.

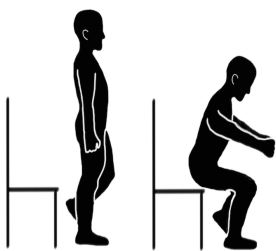
To check the suitability of the exercises contact us at SSI.

Please be advised correct technique is essential when performing the exercises and incorrect form may lead to injury. To arrange an appointment to check your technique when performing the exercises please contact us at SSI.

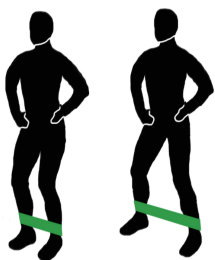
Please be advised that you undertake any exercise on this sheet at your own risk. All exercises should be performed completely pain free at all times.



- 1) - Start in a kneeling position with the knees at a 90°. You will need to fix the heels of your feet under a fixed surface or have a partner hold your ankles down.
 - In the start position you should have a straight line going through your shoulders, hips and knees. At no point in the exercise should you allow the hips to bend or bend at the waist.
 - Have the hands at chest height ready to brake your fall and begin to SLOWLY lower your chest to the floor.
 - Keep control of the pace for as long as possible as you fall forwards, do not let the hips / waist bend. At some point in the movement your hamstrings will fail and you will fall the rest of the way to the floor. Catch yourself with your hands in a press up position, then bend the waist and draw the hips towards the heels and sit upright back in the start position. This is 1 rep.
 - Complete 4-5 x 5-8 reps allowing 2-3 minutes rest between sets.



- 2) - Stand on the injured leg starting with the knee slightly bent.
 - Ensure the opposite hip is held high.
 - Engage the core to maintain a stiff torso to help with balance by pulling the belly button into the spine and squeezing the abs.
 - Slowly bend the knee lowering towards the chair. Your maximum range of motion is to let your buttocks lightly touch the chair. Only move as far as is pain free and where you can maintain good hip control at all times.
 - Pause briefly then drive up back to the start position.
 - Ensure you keep the knee inline with the 2nd and 3rd toe of the foot at all times.
 - Ensure you do not let the opposite hip dip (drop out) at any point in the movement.
 - Perform 4 x 12-15 reps



- 3) - Start with your feet hip width apart, toes facing forwards (12 o'clock) and band around the ankles.
 - Step to the side into a wide stance then slowly step the other leg across to a hip width distance again. This counts as 1 rep.
 - Make sure you step at a slow steady pace keeping an upright torso at all times.
 - Perform 10 steps in one direction then 10 in the other and repeat.
 - Complete a total of 3-4 x 40 steps.