

Running Information & Resources for Patients

Warm-Up

Warming-up assists in running and helps to prevent injury. Below are some simple exercises that will help to warm-up the muscles, facilitate gluteal activation and aid in knee control.

Glut bridges: to facilitate gluteal activation

- Lie on your back
- Roll pelvis back – decrease gap between lumbar spine and floor
- Push through the heels of the feet and raise pelvis
- Squeeze gluts to elevate pelvis



Split squats: to aid in knee control and facilitate gluteal activation

- Take a larger than normal step forward
- Lift back heel off the ground
- Tuck the tail under – tuck pelvis under so there is a slight tension through the front of the hip
- Drop down without translating forward
- Push through front heel to return to initial position
- With repetition the exercise should be felt through the glut muscles



Calf Raises: Engaging prior to running, will assist in warming the muscle up to prevent cramping.

- Stand with minimal hand support against the wall
- Raise up – pushing most of the weight through the big toe
- And lower back down
- To be completed at moderate pace – count 2 seconds up and 2 seconds down
- Should feel most of the exercise through the inside calf muscle

