

JOHNSON AND HAYES INJURY PREVENTION EXERCISES FOR RUNNERS

FLEXIBILITY

EXERCISE NUMBER	EXERCISE	SETS	REPS	VIDEO LINK	EXERCISE NUMBER	EXERCISE	SETS	REPS	VIDEO LINK
1	SEATED HAMSTRING STRETCH	3	30 SECONDS	WATCH VIDEO	5	ITB STRETCH WITH STRAP	4	20 SECONDS	WATCH VIDEO
2	CALF STRETCH OFF STEP OR CURB	3	30 SECONDS	WATCH VIDEO	6	SINGLE KNEE TO CHEST STRETCH	10 EACH LEG	10 SECONDS	WATCH VIDEO
3	SOLEUS/ACHILLES STRETCH OFF STEP OR CURB	3	30 SECONDS	WATCH VIDEO	6	DOUBLE KNEE TO CHEST STRETCH	10	10 SECONDS	WATCH VIDEO
4	SEATED PLANTAR FASCIA STRETCH	2	1 MIN	WATCH VIDEO	7	ADDUCTOR LUNGE STRETCH	3	30 SECONDS	WATCH VIDEO
4	PLANTAR FASCIA ROLLING ON BALL OR FROZEN WATER BOTTLE	1	3-5 MIN	WATCH VIDEO	7	BUTTERFLY STRETCH	3	30 SECONDS	WATCH VIDEO
5	ITB FOAM ROLLING	1	1 MIN	WATCH VIDEO	8	PIRIFORMIS STRETCH	3	30 SECONDS	WATCH VIDEO

EXERCISE NUMBER	EXERCISE	SETS	REPS	VIDEO LINK
8	FOAM ROLLING TO PIRIFORMIS AND GLUTEALS	1	2-3 MIN	WATCH VIDEO
9	MODIFIED PIGEON STRETCH ONTO TABLE FOR GLUTEAL STRETCH	4	30 SECONDS	WATCH VIDEO
10	SIDE-LYING QUADRICEPS STRETCH	3	30 SECONDS	WATCH VIDEO
11	KNEELING HIP FLEXOR STRETCH	3	30 SECONDS	WATCH VIDEO
12	ROLLING TO LOWER LEG MUSCULATURE WITH ROLLING STICK	1	2-3 MIN	WATCH VIDEO