

JOHNSON AND HAYES INJURY PREVENTION EXERCISES FOR RUNNERS

STRENGTHENING

EXERCISE NUMBER	EXERCISE	SETS	REPS	VIDEO LINK	EXERCISE NUMBER	EXERCISE	SETS	REPS	VIDEO LINK
1	HEEL RAISE WITH BALL SQUEEZE	2	15	WATCH VIDEO	7	BIRD DOGS	10 ON EACH SIDE	20 SECONDS HOLD	WATCH VIDEO
2	SINGLE LEG CALF RAISE	3	10	WATCH VIDEO	8	SINGLE LEG OIL RIGS	3	10	WATCH VIDEO
3	SQUAT OR WALL SIT WITH HIP ABDUCTION	2	15	WATCH VIDEO	9	CROSSED BAND WALKS (LATERAL)	3	10 EACH DIRECTION	WATCH VIDEO
4	VMO LAQ (WITH BALL SQUEEZE BETWEEN ANKLES)	2	15	WATCH VIDEO	10	MEDIAL ARCH RAISES	2	20	WATCH VIDEO
5	BRIDGE WITH BALL SQUEEZE	3	10	WATCH VIDEO	10	TOWEL SCRUNCHES	2	1 MIN	WATCH VIDEO
6	BRIDGE WITH HIP ABDUCTION BAND	3	10	WATCH VIDEO	11	4 WAY ANKLE WITH THERABAND	1	20 EACH DIRECTION	WATCH VIDEO

EXERCISE NUMBER	EXERCISE	SETS	REPS	VIDEO LINK
12	SINGLE LEG STANCE HIP EXTENSION	2	20	WATCH VIDEO
12	SINGLE LEG STANCE HIP ABDUCTION	2	20	WATCH VIDEO
13	SINGLE LEG STANCE WITH CONTRALATERAL LE MARCHING	2	20	WATCH VIDEO
14	ECCENTRIC HEEL RAISES	3	15	WATCH VIDEO
15	CLAMS	2	20	WATCH VIDEO