

2 mobility exercises for runners



2 mobility exercises for runners to help you stay strong, move well, and stay out of our office!

Mobility—Proper joint mobility and muscle flexibility are important for any runner. If you lack proper mobility in one body part, your body will still execute the command to run, but will be accomplishing the motion at the expense of efficiency and overuse of other body parts.

1 Hip flexor stretch—Lack of hip extension while running can place excessive stress and strain on your lower back and ankles while making it difficult for your core and glutes to work properly to stabilize you.

2 Calf stretch—Tight calves can lead to increased stress around the ankle joint and injuries such as a calf strain, Achilles tendonitis or tendinopathy, shin splints, and ankle joint pain.

If you lack mobility in one area, be sure to give it some deserved attention. A good goal would be to shoot for stretching 3 times 30 seconds on each side 1-2 times per day if you really want to improve your flexibility.

Please call to schedule an appointment if you have any questions or are experiencing pain. In Oregon, you can be seen by a physical therapist without a referral and most insurances will cover you.

Check out our stretching video:

<https://csspt.com/exercise-videos/lower-body-stretching-static/>

(541) 752-0545 • csspt.com
2635 NW Rolling Green Drive
Corvallis, OR 97330

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