

excel
physical therapy
Specialized Orthopedic and Sports Rehabilitation

Be Strong Run Strong

- All exercises should be pain-free. If an exercise listed below creates pain that is more than a muscle burn stop performing and consult a health professional.
- Focus on form and control while performing the exercises (ie. perform slowly!)
- The number of repetitions listed below are merely a guideline. The goal is to perform until you get a muscle burn, not failure of proper form, or muscle cramping.

1

Gastroc & Soleus Stretches




- Stand next to a wall with your feet staggered and the toes of your rear foot pointed straight ahead.
- Keeping the heel of the rear foot on the ground lean forward over your front foot until you feel a medium stretch in the back of the calf
- Perform with the back knee straight and with the back knee bent

Hold 30-45 seconds, 2-3 sets (each stretch); 2 times/day

2

Bridging Series

Basic



Intermediate



Advanced



- Lie on your back with your knees flexed up
- Contract your lower abdominals to stabilize your pelvis and spine in a neutral position
- Squeeze your buttocks and press through your heels to raise your hips up off the mat
- For this exercise you may either perform repetitions or hold the bridge position to the onset of fatigue

**10-15 reps, 2-3 sets
3-4 times/week**

3

Side Plank Series

Basic



Intermediate



- Lie on your side with your knees, hips and shoulders in a straight line. Support your weight on one forearm and either your knees or feet.
- Press your body up into a straight plank position. Do not allow your shoulders to roll forward or your pelvis or spine to pull into an arched position.
- Hold the position to the onset of fatigue.

**Hold 15-45 seconds x 4-5 sets
3-4 times/week**

4

Squats

Basic



Advanced



Advanced



- Stand with feet hip width apart.
- Slowly sit back into your hips as you sink down into a squat. Allow the trunk to angle forward as you squat down.
- Do not allow the knees to push forward beyond the toes.
- **Advanced:** perform on 1 leg while maintaining proper form

10-15 reps, 2-3 sets; 3-4 times/week

5

Transverse Lunge




- Stand on a step and lunge off at an anterolateral oblique angle
- As you lunge, rotate your trunk to the outside of your leading leg
- Return by pushing off your lead leg and stabilizing through your trailing leg

Maintain a level pelvis and good knee alignment throughout the exercise

10-15 reps, 2-3 sets; 3-4 times/week