

# STRENGTHENING & STRETCHING TECHNIQUES



**1** Single Leg Raise-Abduction



**2** Steamboats: Front, Back & Side



**3** Hip Hikers



**4** Step Downs



**5** Vector Reaches: Front & Side



**6** Bridge with Knee Extension

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For more information visit  
[OhioHealth.com/SportsMed-runnerstretches](http://OhioHealth.com/SportsMed-runnerstretches)

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**7** Plank: Front & Side



**8** Grab a Pen



**9** Clam



**10A** Hamstring Stretch



**10B** Quadriceps Stretch



**10C** Piriformis Stretch



**10D** Heelcord Stretch

A FAITH-BASED, NOT-FOR-PROFIT HEALTHCARE SYSTEM

RIVERSIDE METHODIST HOSPITAL + GRANT MEDICAL CENTER + DOCTORS HOSPITAL + GRADY MEMORIAL HOSPITAL  
DUBLIN METHODIST HOSPITAL DOCTORS HOSPITAL-NELSONVILLE + HARDIN MEMORIAL HOSPITAL + MARION GENERAL HOSPITAL  
REHABILITATION HOSPITAL + O'BLENESS HOSPITAL + MEDCENTRAL MANSFIELD HOSPITAL + MEDCENTRAL SHELBY HOSPITAL  
WESTERVILLE MEDICAL CAMPUS + HEALTH AND SURGERY CENTERS + PRIMARY AND SPECIALTY CARE + URGENT CARE  
WELLNESS + HOSPICE + HOME CARE + 28,000 PHYSICIANS, ASSOCIATES & VOLUNTEERS

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