

Running Biomechanical Evaluation Personal Program



Foam Roll: _____ X's per week for _____ min per muscle group

Calves Tibialis Ant Hamstrings Gluts/Piriformis Adductors Quads IT Band/TFL Thoracic Spine
Lats

(Please see handout for appropriate Foam Rolling form)

Static Stretching: _____ X's per day for _____ seconds per muscle group

Calves Tibialis Ant Hamstrings Gluts/Piriformis Adductors Quads IT Band Hip flexors

Dynamic Stretches:

Jog / Ride Bike / Jump Rope

Straight Ankle flickers w/ Arm Swings Across Body

Lateral Ankle Flickers w/ Arm Swings Above Head

Walking Knee Grabs

Russian Kicks

2-Handed Walking Toe Touches

Single-Leg Walking Toe Touches

Prisoner Walks

Over/Under Hurdle Side-Steps

Lunge and Twist (toward forward leg)

Lunge and Raise Arms Straight Up

Lunge and Side-Bend (toward forward leg)

Carioca w/ Arm Swings

Reverse Skips w/ Open Hips

Skips: A (high knee)

B (high knee-hamstring pull through)

C (butt kicks)

Exercises: _____ X's per week

Other Resources: Massage Therapy, Nutritionist, Coach, Running Shoes, Over-the-Counter Orthotics (super-feet), Podiatrist – Custom Orthotics, Medical Doctor.

Therapeutic Associates

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