



NovaCare[®]
REHABILITATION

a Select Medical company

Dynamic Stretches



Knee to Chest Walk

- Stretches back, gluteals, and piriformis.
- Hug knee as you walk with alternating steps.



Quad Reach Walk

- Stretches quad and hip flexor.
- Grab left ankle with left hand and bring your heel towards your gluteals. Raise opposite arm. Alternate steps.



Russian Walk

- Stretches hamstrings.
- March forward while kicking leg straight up towards your hands.



Cross-Over Russian Walk

- Stretches IT Band.
- Same as Russian Walk, but kick your leg out across your body and touch your foot with your opposite hand.



Inch Worm

- Stretches calves and hamstrings.
- Start off in push up position.
- Walk feet towards your hands (pike position), then walk hands out back to push up position.

Drills should be done 1-2 minutes each (5-10 min warm-up) before your run.

Don't forget the injury hotline (866) TRY-NOVA