

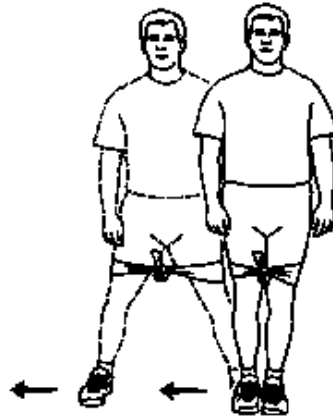
Runner's 5 Strengthening Program

LOWER EXTREMITY - 8 Band Walk: Side Stepping

Tie band around legs, just above knees. Step 20 feet to one side, then step back to start.

3 reps

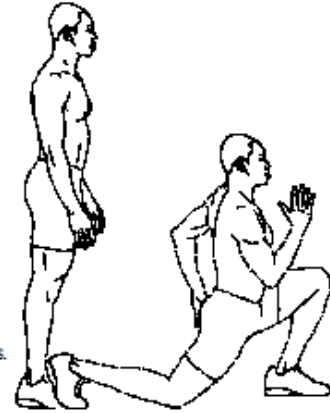
Note: Small towel between band and skin eases rubbing.



LUNGE - 1 Forward - Stationary

Step forward with left leg. Drop opposite knee to the floor. Drop from hips. Front shin vertical. Opposite arm forward. Head and chest up. Return: push backward with heel and hips, keeping head and chest up.

Do 2 sets 10 reps. For one set, do reps all one leg then other.



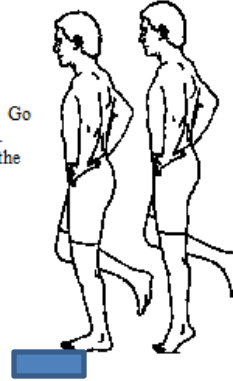
Therapeutic Associates Physical Therapy State Street
1520 W. State Street Ste. 210
Boise, ID, 83702

Hours:
Phone: 336-8433
Emergency:

ANKLE / FOOT - 21 Heel Raise: Unilateral (Standing)

Stand on edge of curb or step. Go up on 2 legs and down on one. Your heel should drop below the level of the curb.

Repeat 15 times per set.
Do 3 sets per session.



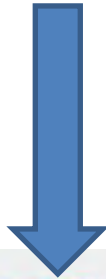
Runner's 5 Strengthening

Try to do these at least 1x/wk.
Warm up prior to doing this program.

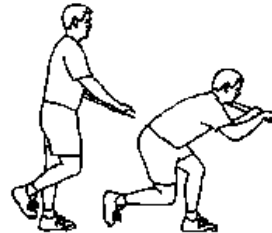
Planks:

Make sure to try to hold your navel in and do a kegel while doing the plank.

Attempt to do 3 sets of 30 sec.



LOWER EXTREMITY - 7 Squat: Single Leg (Supported)



On left foot, hold support. Squat, keeping lower leg vertical, knee in line with second toe and hips level. Use leg, do not pull up and down with arms.

Repeat 10 times. X Repeat with other leg for set. Rest _____ seconds after set. Do 2 sets per session.