





RUNNER'S STRENGTHENING PROGRAM


Concentrate on Exercise _____ : Do _____ times per day; _____ Reps of each

1. PARTIAL SIT UP:  Lie on your back, with both knees bent. Curl your head and shoulders upward, reaching for your knees with both hands. Stop when the tips of your shoulder blades leave the table and hold this position for 5 seconds.

2. HIP ABDUCTION STRENGTHENING:  Lie on your side with involved leg on top. Lift involved leg up sideways 4 to 6 inches. Hold for 5 seconds.

3. QUADRICEPS STRENGTHENING:  Sit in a chair with both legs straight. Place one leg over the other leg. Keeping the knee of the bottom leg straight, lift both legs 4 to 6 inches off the ground, applying resistance with the top leg. Hold for 5 seconds, then repeat with other leg.

4. HAMSTRING STRENGTHENING:  Lie on your stomach with your legs crossed at the ankles. Bend the bottom knee upwards, applying downward resistance with the top leg. Hold for 5 seconds, and repeat with other leg.

5. DORSIFLEXOR STRENGTHENING:  Sit in a chair with both knees bent. Place the heel of one foot on top of the toes of the other foot. Pull the toes towards you, applying resistance with the heel of the other foot. Hold for 5 seconds then repeat with other leg.

6. TOE RAISES:  Sit with your feet shoulder width apart. Raise up on your tip toes. Hold for 5 seconds.

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