RUNNER REPAIR SHOP

When it hurts to run; we're the one

EXERCISES

SCAN. WATCH. KEEP MOVING.

FRONT / 01-05

SCAN TO WATCH

01 Runner Repair Shop

Fort Worth's premier physical therapy clinic focusing on runners. When 'Stop Running" is not an option

Introduction 02

Why choose The Runner Repair Shop

SCAN TO WATCH

SCAN TO WATCH

03 Seated Stretches

Stretches for your IT Band, Piriformis, Hip Adductors, and Adductors. Stretch six muscles in less than six minutes

Standing Stretches 04

Stretch your Hamstrings, Gastrocnemius, Soleus (your calf muscles) muscles, and Rectus Femoris in less than three minutes

SCAN TO WATCH

SCAN TO WATCH

05 ITB Stretch

The most effective stretch for the ITB in 2 minutes.

ken@runnerrepair.com | *runnerrepair.com* | *CALL / TEXT 817-205-3204*

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SCAN. WATCH. KEEP MOVING.

BACK / 06-09

Heel Raise

06

Our calf muscles are important for the last part of push off in the running cycle.

SCAN TO WATCH

07

Step-up

One simple exercise which prepares us for long runs and runs with a lot of hills

SCAN TO WATCH

Leg Swing

08

Strengthens your hip muscles, especially your gluteus medius. Weak hip muscles are a primary cause of back and knee problems

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09

Static Quad Sets

When your knee is sore, strengthening without moving the knee joint is the beginning of pain-free running.

SCAN TO WATCH

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