RUNNER REPAIR SHOP

*When it hurts to run;*
*we're the one*

# When it hurts to run;
## we're the one

**SCAN. WATCH. KEEP MOVING.**



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

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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

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05

## ITB Stretch

The most effective stretch for the ITB in 2 minutes.

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

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**BACK / 06-09**

## Heel Raise 06

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

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## 07 Step-up

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

## 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.

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