




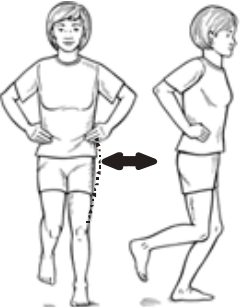
GUTTS, BUTTS AND LEG GLORY!
A HOME STRENGTHENING PROGRAM DESIGNED TO
PREVENT INJURY AND IMPROVE YOUR RUNNING


Provided by: Tanya Kessling, Registered Physical Therapist


	<p>Hip 45 degree Extension</p>
	<p>Put a resistance band around your ankles. Stand on your left leg with your knee slightly bent. Lift your right leg up and extend it back at a 45-degree angle.</p> <p>Do three sets of 15 on both legs.</p>

	<p>The Stork</p>
	<p>Stand with your right side a few inches from a wall. Balancing on your left leg, bend your right knee, then press it into the wall as you squeeze your glutes. Keep a slight bend in your left leg and don't let your shoulder rest on the wall--only your knee should make contact.</p> <p>Hold for 30 seconds (work up to a minute), then repeat on the other side.</p>

	<p>Wallbanger</p>
	<p>Stand with your right side about six to 12 inches from a wall. Squat and lean your upper body to the left until your right hip touches the wall.</p> <p>Hold for 15 seconds, repeat 15 times then switch sides.</p> <p>(Note this photo shows one foot next to wall, both feet should be 6-12" from wall)</p>

	<p>Hip Lift</p>
	<ol style="list-style-type: none"> 1. Balance on your left foot using a wall for balance. With your right knee bent, drop the left hip and then lift it up. Do 15 to 20 times on each side. 2. Advanced hip lift: Add a kick out in front with the left leg by bending knee up and then straightening the leg

	<p>Hip Abduction</p> <p>Lie on one side, tighten the thigh muscle of your top leg, and then slowly raise the leg off the floor. Hold the leg up for a 2 count, and lower it on a 4 count. Relax your muscles. Then tighten the thigh and repeat. Do three sets of 15 repetitions. This strengthening exercise may be helpful for iliotibial band syndrome.</p> <p>Use a theraband for extra resistance</p>
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	<p>Iliotibial Band and Buttock Stretch</p> <p>Position yourself as shown. Twist your trunk to the right and use your left arm to "push" your right leg. You should feel the stretch in your right buttock and the outer part of your right thigh. Hold the stretch for 10 to 20 seconds. Do the exercise 5 to 10 times.</p>
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Kegels

To make sure you know how to contract your pelvic floor muscles, try to stop the flow of urine once while you're going to the bathroom. Or try another technique: Insert a finger inside your vagina and try to squeeze the surrounding muscles as if pulling your finger up and in. You should be able to feel your pelvic floor move upward. Then relax your muscles and feel your pelvic floor move down to the starting position. As your muscles become stronger — and you become more experienced with the exercises — this movement will be more pronounced.

A cautionary note: Don't make a habit of starting and stopping your urine stream. Doing Kegel exercises with a full bladder or while emptying your bladder can actually weaken the muscles. It can also lead to incomplete emptying of the bladder, which increases your risk of a urinary tract infection.



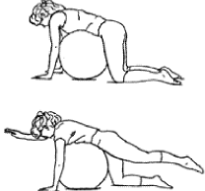



Perfect your technique

Work up to holding the muscles contracted for 10 seconds at a time, relaxing for 10 seconds between contractions. Be careful not to flex the muscles in your abdomen, thighs or buttocks. Turn your toes inward to prevent gluteal contraction. Also, try not to hold your breath. Just relax, breathe freely and focus on tightening the muscles around your vagina.

For further information or to contact Tanya Kessling, give us a call!

ADVANCED SPINAL STABILIZATION
A HOME STRENGTHENING PROGRAM DESIGNED TO
PREVENT INJURY AND IMPROVE PERFORMANCE

Provided by: Tanya Kessling, Registered Physical Therapist

	<p>Side Bridging</p> <p>Start by lying on a mat with your legs straight out. Turn sideways holding your body up with one bent arm parallel to the floor. Keep your abs tight for 30-60 seconds. It is integral to keep your body straight. Keep breathing.</p>
	<p>Front Bridging</p> <p>Start with your body raised off the ground clenching your abdominals. Ensure that your body is straight like a plank. Pretend like there is a 5 lb weight hanging from your belly button. Now hold your body in this position for 30-60 seconds. Keep breathing. Advanced: Maintain a Kegel or lifted pelvic floor at same time.</p>
	<p>Prone Ball</p> <p>Start by lying on your stomach over the ball and having the ball in the middle of your abdominals (or on your hands and knees without a ball). Raise the opposite arm and leg while keeping the others on the ground for balance. Try and raise them to be parallel or less with the ground, careful not to hyperextend. Keep your gaze down. Hold 10 seconds, repeat each side 10 times.</p>
	<p>Band Squats</p> <p>Start with the band underneath your feet and the other ends over your shoulders with both hands gripping either end. Now slowly complete a squat by not letting your knees go over your toes and keeping your back straight. Ensure that your knees follow your second toes and that you descend and ascend slowly. 3 sets of 15</p>
	<p>Band Rows</p> <p>Start by standing up straight and have the middle of the band tied to the door knob so you can still grab both ends. Stand back enough from the door to start with tension on the band. (see picture for starting position) Now slowly bring your hands towards the sides of your waist by squeezing your shoulder blades down and back. Now return to the starting position. This exercise is for your upper back and shoulder blades, ensure you are squeezing your shoulder blades back and down! 1 set of 30</p>
	<p>Stability Ball Calf Raises</p> <p>Begin the calf raises by putting a ball in front of your chest. Now lean against the ball starting with your heels on the ground. Slowly use your calf /gastrocnemius muscles until you are fully extended onto your toes. Lower back down to the starting position. Without the ball: Start with standing tall on one leg and go up onto your toes. 1-2 sets of 30</p>

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