

**Notes :**

Do these exercises immediately before you run to release tension and restore full spinal motion.

**1 Foam roll thoracic spine**



**Duration: 1-2 mins**

Lay over a foam roller positioned at shoulder blade level. Cross your arms over your chest and roll your body on the foam roller from the middle of your back to the base of your neck. Do not go too fast when you execute the movement. You can focus on tender spots. Breathe normally.

**2 Stretching global flexion**



**Sets: 2 Reps: 10 Freq: daily**

Get on your hands and knees (four point position) with your knees directly under your hips and your hands directly under your shoulders. Your back must be in neutral position (slightly arched) and your chin must be tucked in. Sit backwards towards your heels by lowering your buttocks. Maintain the stretch and return to the initial position.

**3 Passive ROM Extension**



**Reps: 3 Freq: 1-2 x daily Hold: 20"**

Lie on your stomach with hands under your shoulders. Push up with your arms and lift gradually your head then your upper back all the way to your lower back keeping the glutes relaxed and your pelvis against the ground. Push up until you feel a small discomfort in the lower back, lower yourself and repeat.

**4 Active ROM side bending**



**Reps: 3 Freq: 1-2 x daily Hold: 5" - 10"**

Stand with your arms across your chest or along the side of your thighs. Slowly bend sideways by sliding your hand down your thigh towards the floor. Slowly return to neutral position and repeat on the other side.

**5 Stretching ITB / Piriformis**



**Reps: 3 Freq: 1-2 x daily Hold: 5" - 10"**

Sit with straight back and cross one leg over the other. Hold your knee with the opposite arm and pull your knee across your chest towards the opposite shoulder until you feel a stretch on the outside leg and/or buttock. Maintain the position and relax.

**6 Symphysis pubis self manipulation**



**Reps: 2 Hold: 5**

Lie on your back with your knees bent.  
Place a ball or towel between your knees.  
Squeeze strongly and hold for a count of 5.  
Release the ball.  
Repeat.

\* Don't be alarmed if you feel a 'click' in our groin region. This is quite normal.