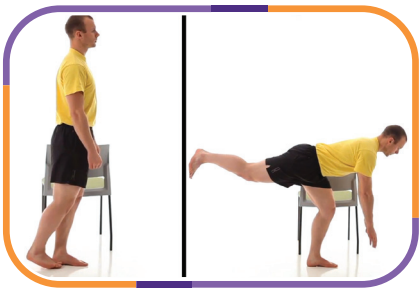


## Runner's Rehab Strength Program

Performing strength exercises every other day for your legs, hips, and core muscles will help to decrease your chance of injury and help to maximize your performance!

**IMPACT**  
PHYSICAL THERAPY  
SPORTS RECOVERY



### Bird Dips

**Description:** Start by standing near a supportive surface to assist with balance. Shift weight onto the leg to be exercised. Slowly lean forward until chest is parallel with the ground. While doing so, extend the opposite leg backwards keeping it inline with the trunk. Slowly return to the starting position.

**Sets:** 2 / **Reps:** 15 / **Times Per Day:** 1 (every other day)



VIEW DEMO



### Single Leg Squat

**Description:** Start by standing approximately 12 inches in front of a chair, slowly shift your hips back towards the chair and squat with one leg down to the desired depth slowly controlling how fast you land. The stance leg heel should stay in contact with the ground, and your knees should point forward to avoid caving inward. Return to standing using the same leg.

**Sets:** 2 / **Reps:** 15 / **Hold:** 2 Sec. / **Times Per Day:** 1 (every other day)



VIEW DEMO



### Side Plank

**Description:** Start by lying on your side with your elbow and forearm under your shoulder, lift your hips off the floor while keeping your abdominals tight. Make sure to keep your body as straight as possible with hips stacked on top of each other.

**Sets:** 1 / **Reps:** 3 / **Hold:** 30 Sec. / **Times Per Day:** 1 (every other day)



VIEW DEMO



### Side Lying Hip Abduction

**Description:** Start by lying on your side with your body lined up and hips stacked on top of each other. Rotate your belly button downward so it is pointing towards the floor. Slowly lift your top leg, while keeping your toes pointed down/heel toward the ceiling. Slowly return to start position.

**Sets:** 2 / **Reps:** 15 / **Hold:** 2 Sec. / **Times Per Day:** 1 (every other day)



VIEW DEMO



### Fire Hydrant Standing

**Description:** Start by standing with your feet shoulder width apart. Place a band around your knees. Transfer your weight to one side, while bending the opposite knee to approximately 90 degrees. Maintaining tension on the band, lift your bent knee out to the side as far as possible without leaning to the side. If needed, place a hand on a solid object for balance, but as able work towards performing the exercise without needing to hold on.

**Sets:** 2 / **Reps:** 15 / **Times Per Day:** 1 (every other day)



VIEW DEMO