



Premier Running Doc

Unlocking Optimal Health & Performance In Orange County

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TRI Stretching Notes

The calf:

- Stretching helps prevent Achilles tendonitis, as well as planter fasciitis.
- *Gastrocnemius- Knee straight, crosses 2 joints.*
- *Soleus- Bend the knee to take the Gastroc out.*

The Hamstring:

- Always a big issue in runners, and has a direct link to lower back pain.
- *Stretch in all 3 planes: straight out, out to the side, and across the body.*

Hip Flexor and the Quad:

- Hip flexor is commonly tight in runners, but especially tight in cyclists.
- *Extend the hip while stretching the quad to stretch the hip flexor.*
- *The Quad is made up of 4 muscles*
- *Raise hands above the head to deepen the stretch.*

Piriformis:

- Commonly linked to pain running down the leg.
- Very tight in runners and cyclists.
- Changes the biomechanics of the hip.
- *Bring the ankle as close to your head as you can.*

Abdominal Muscles:

- Very tight in cyclists.
- Can constrict breathing.
- *Arch back over a Swiss ball.*

Pec Major and Minor:

- Tight in cyclists and runners.
- *Elbow at shoulder level for Pec. Major.*
- *Elbow above shoulder for Pec. Minor.*

Shoulders:

- *Place the band or broomstick behind your back, push hands back while separating them.*
- *Chest out and chin up.*

Lat stretch:

- Large muscle that is essential in swimming.
- Will restrict your stroke if it is tight or has adhesions.
- *Palms facing up, on a chair or a Swiss ball.*