



## ***Preventive Exercises for Runner's Knee***

### ***Outline***

1. Clams x 20
2. Lateral leg raises x 20
3. Theraband balance x 25 each leg
4. Standing hip flexor x 20 each leg
- 5 Standing hip abductor x 10 each leg
- 6 Hip hikes x 15 each leg
- 7 Hip Thrusts x 20 each leg
- 8 Wall Squats x 15

### ***Images and Descriptions***

#### ***Clams***



#### **Value for runners:**

This exercise improves the control and function of the gluteus medius, a muscle found to be weak in distance runners with IT band issues. By working it in this way, the balance between the anterior and posterior hip muscles will be restored. It is not OK to substitute this exercise for the multi hip machine at the gym!





### Instructions:

Keep the pelvis perpendicular to the floor rather than rolling backwards, which is a way to cheat this exercise. Hold for 10 seconds at the top; work up to 20 repetitions.

## *Lateral Leg Raises*



### Value for runners:

Lateral leg raises engage the glutes and hips, which will help prevent. This is a compliment to the donkey kick exercises you'll do next as it engages the latter range of movement and opening up the adductors.

### Instructions:

Focus on engaging the glute muscle on your top leg. Use slow movements and keep your foot in a neutral position. Perform 15-25 repetitions per leg.

## *Theraband balance drill*





### Value for runners:

This exercise will improve your balance, foot strike and strengthen your abductors. This is especially useful for runners who suffer from excessive leg crossover.

### Instructions:

Focus on balance and keeping the leg attached to the theraband perpendicular to the ground (not tilting inwards). Advanced runners can stand on a balance board or close their eyes for added difficulty. Perform 15-25 repetitions each leg.

## Standing hip flexor



### Value for runners:

This will improve hip flexor strength, which aids in knee drive and helps support the hips and core muscles.

### Instructions:

Put your right foot in the resistance band and turn so you are facing away from the band's anchor. Keeping your right leg straight, lift it forward to a count of two, then release it back down to a count of two. 15 times each leg





## Standing hip abductor



### Value for runners:

This is an advanced version of the lateral leg raise you performed earlier.

### Instructions:

Standing with your left leg slightly behind you, keep your right leg straight and lift it out to the side. Lift it to a count of two, then release it back down to a count of two. Switch legs and perform x 10 each leg

## Hip Hikes





### Value for runners:

This exercise will improve knee control, which is critical for runners who suffer from IT band issues.

### Instructions:

Keep the leg on the step straight and don't use it to help bring your other leg back up. The movement up should come from the hip. perform 15 x each leg

## Hip Thrusts



### Muscle groups emphasized:

Hips, glutes, lower back, and hamstrings.

### Value for runners:

Like the supine holds, this exercise dynamically targets the hamstrings, glutes, lower back, and hips (the posterior chain) to help prevent injury when introducing speed work and to provide more power to the pawback motion of the stride.

### Logistics:

Perform 15-25 repetitions each leg.

### Instructions:

At the top of the movement your body should be in a straight line from your knee to your head. Beginners can thrust on both legs while advanced runners can rest their foot on a medicine ball or swiss ball for added difficulty in balance.





## Wall or Ball Squats



### Value for runners:

Wall squats help strengthen the quads while also maintaining good squatting form

### Instructions and variations:

Keep your feet out in front of you and don't let your knee just out past your toe. Work your way up to 15-20 repetitions.

