

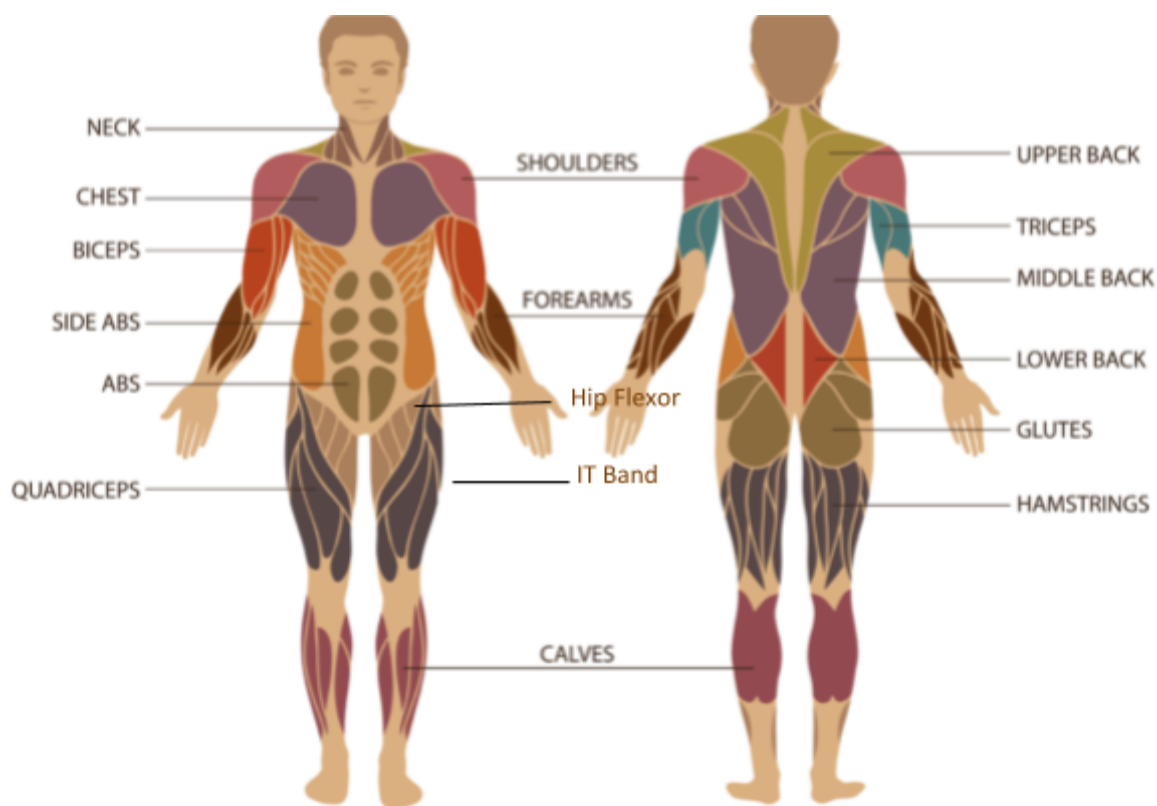
Cambridge Jets Additional Stretches

I have put together some stretches that we have not gone over in practice that may be useful for those looking for different stretches and ones that can help specific problem areas. I hope to make this a focus for seasons to come and expand this resource for the athletes.

Stretching is very important to not only runners but all athletes, it can help you to prevent injury, recover from an injury, and compete at a higher level. It has always been a primary focus for when I am recovering from an injury.

If you have any questions you can bring them up during practice or send an email to Spikey.freeman@gmail.com

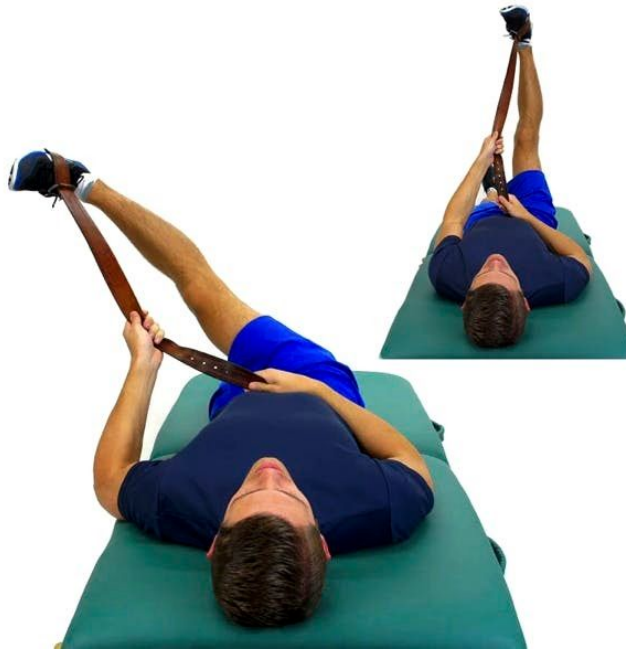
All the stretches including the ones below and other stretches you do on your own, should be held for 30 seconds 3 times everyday or every other day. If you are not holding them for at least 30 seconds they are not effective.



Stretches

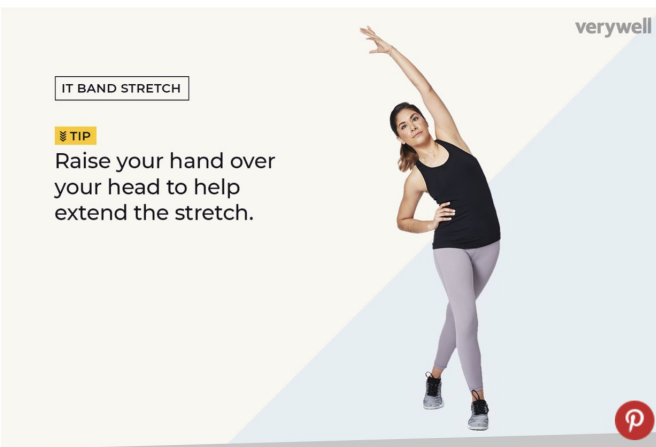
IT Band: 3x30 seconds

Stretch 1: IT Band Stretch with Band/Rope



You can use a towel, thick rope, or thick resistance band like the one in this picture. Your foot should be in the band or rope that you are using. Slowly lift your leg up while laying down then slowly take your leg across your body like this example. Keeping most of your back and butt on the ground. Stop when you feel a stretch on your outer thigh (IT Band).

Stretch 2:



A common area of tightness for many runners is the [iliotibial band \(ITB\)](#), a tendonous and fascial band that starts at the hip and goes down to your knee. This standing IT band stretch can help stretch your IT band and reduce your risk of IT band syndrome. Here's how to do it:

1. While in an upright position, cross your right leg behind your left.
2. Lean slightly forwards and to your left side until you feel a stretch on the outside of your right leg.
3. Raise your right hand over your head and extend it to your left side.
4. Hold for 30 seconds and then repeat with your left leg.

Hamstring: 3x30 seconds

Stretch 1: Hamstring Stretch with rope (or towel)

Hamstring Stretch with Rope



Loop a strap around your right foot. Gently pull your leg toward the ceiling until you feel a light stretch. Hold for 30 seconds, then switch sides.

Stretch 2: Hamstring Stretch on table



This stretch should be done on a table or object that puts your leg lower than hip height (see example above)

Hip: 3x30 seconds

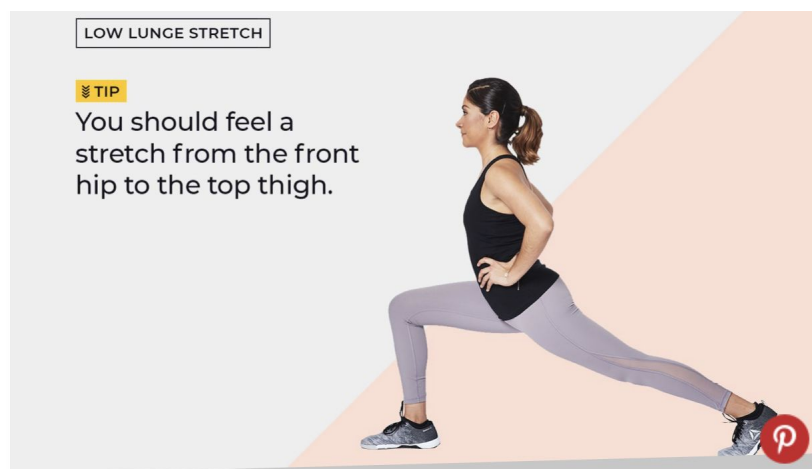
Stretch 1: Kneeling lunge



MATT RAINNEY

Kneel on your right knee, with your left foot in front of your body. Lean forward from the [hips](#). Hold for 30 seconds, then switch sides.

Stretch 2: Standing Lunge



LOW LUNGE STRETCH

TIP

You should feel a stretch from the front hip to the top thigh.

Verywell / Ben Goldstein

This is a great stretch for your [hip flexor muscles](#), which work hard lifting your legs up during running. Here's what to do:

1. Step into a lunge position.
2. Keep your toes pointed forward and your upper torso straight. Your back leg should be straight back behind you.
3. Press down with your hands and extend the hips forward until you feel a stretch from the front of your hip and the top of your thigh (of your back leg).

Glute Stretch: 3x30 seconds

Stretch 1:

Piriformis Stretch

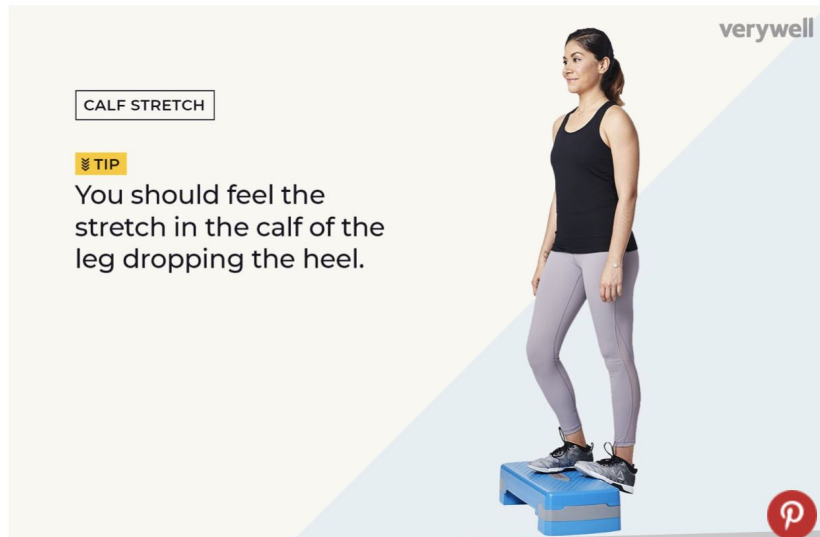


MATT RAINY

Lie on your back. Bend your right leg and place the ankle in front of your left knee. Pull your left thigh toward your torso. Hold for 30 seconds, then switch sides.

Calf Stretches: 3x30 seconds

Stretch 1: Hanging Calf Stretch



Your calf muscles work hard when you're running, so they'll need a good stretch when you're done. Stretching your calves can also help [prevent shin splints](#). Here's what to do:

1. To begin, stand facing up a flight of stairs or exercise step.
2. Position yourself so that the ball of your foot and your toes are on the edge of the step. You can hold a railing or wall for extra support.
3. Drop the heel of one foot toward the ground, while bending the knee of the opposite leg. You should feel the stretch in the calf of the leg dropping the heel.

Stretch 2:



Running without stretching can lead to tight calves. Tight calves can create [heel pain](#) due to [plantar fasciitis](#). Many athletes also know the pain of a muscle spasm, or “Charley horse,” in the calf due to tight muscles in this part of the body. To stretch out tight calves after a run:

1. Face a wall, standing about an arm’s length away from it.
 2. Put both hands on the wall at shoulder height.
 3. Take a large step backward with the right foot. Keep the back straight.
 4. Press the hands into the wall and both heels into the floor.
 5. Feel the stretch in the right calf.
 6. Hold for 30 seconds.
 7. Bring the right foot back in toward the body, switch sides, and repeat.
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Foam/Ball Rolling:

If you have a foam roller or a hand foam roller this is a great video on why foam rolling is important and the basics on how to foam roll. It is a good investment if you are interested in getting one (does not need to be a name brand).

Foam Rolling explanation: <https://www.youtube.com/watch?v=DzSU2FiFKTM>

Ball rolling is a little more feasible because most of us have balls at home. It is recommended to use a lacrosse ball because they are not hollow and completely smooth, making it easier to glide along your skin and dig deep into the muscle you are trying to roll out. You can try using other balls such as baseballs, tennis balls or golf balls, the results may be harder to get.

Ball Rolling explanation:

<https://www.healthline.com/health/fitness-exercise/lacrosse-ball-massage#2>