



FOOT & ANKLE ASSOCIATES INC. TM

Diabetic Foot Center TM
"A Wound Healing Center"

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Dear Runner,

The most important function of these exercises is injury prevention. They are designed for you to neutralize the unbalance and inflexible situation running produces.

Stretching should be done BEFORE running to gradually prepare your muscle groups, your joints, your whole body for the increased physiological demands of running.

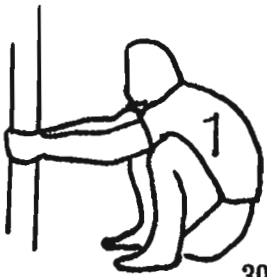
Stretching should be done AFTER running to ease the tension in your body and to relax after a strenuous workout.

Before you begin your stretch program, be aware of these important points:

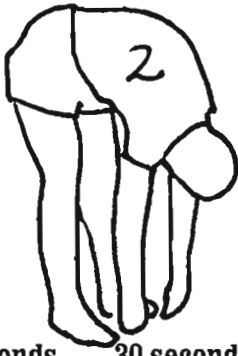
- a. When stretching, your breathing should be slow, rhythmical and under control. If the position of a stretch inhibits your natural breathing pattern, then you are not in a relaxed position. Just ease up on the stretch to where natural, slow, rhythmical breathing is possible
- b. There is no place for straining in stretching. Straining is very negative. Learn to stretch without straining. It takes time to loosen up tight muscles.
- c. **DO NOT BOUNCE WHEN YOU STRETCH.** When a muscle is jerked into extension, it responds by pulling back and shortening itself again. Therefore, you are in essence, working against your own body.

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A STRETCH ROUTINE TO DO BEFORE AND AFTER RUNNING: Total time = approximately 10 minutes.



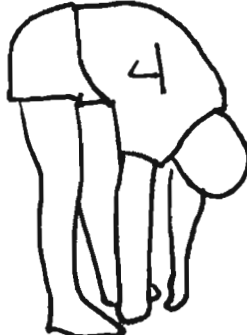
30 seconds



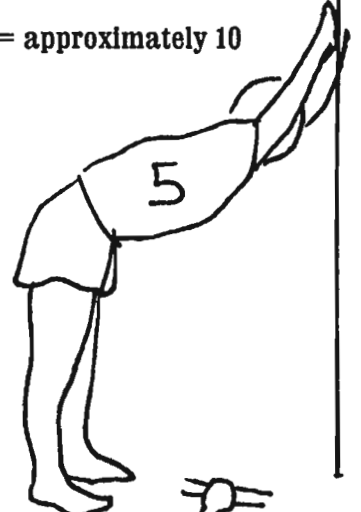
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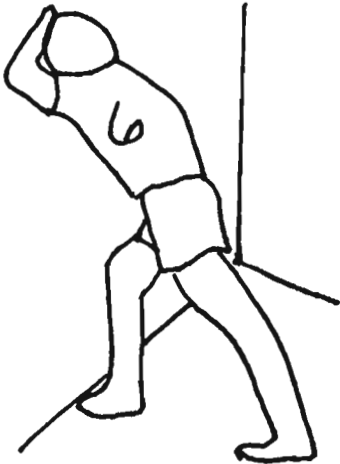
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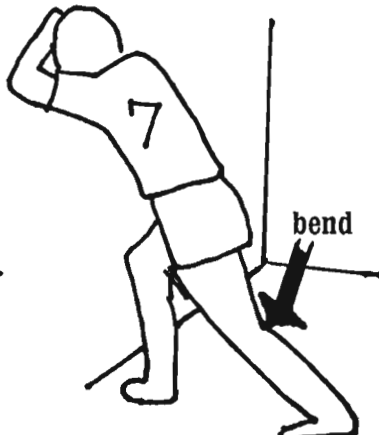
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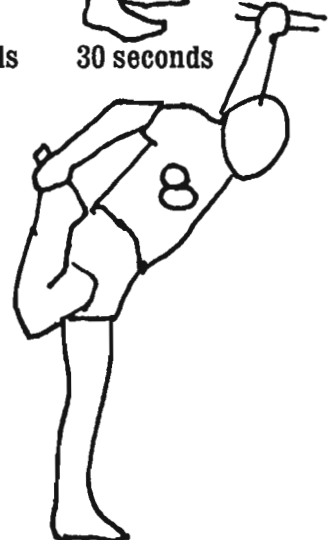
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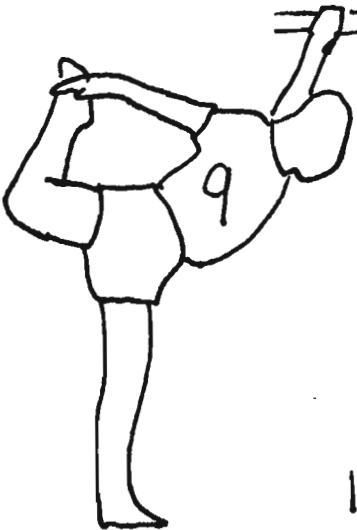
30 seconds
for each leg



30 seconds
for each leg



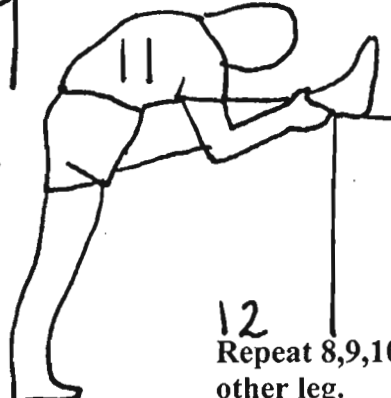
15 seconds
for each leg



10-15 seconds

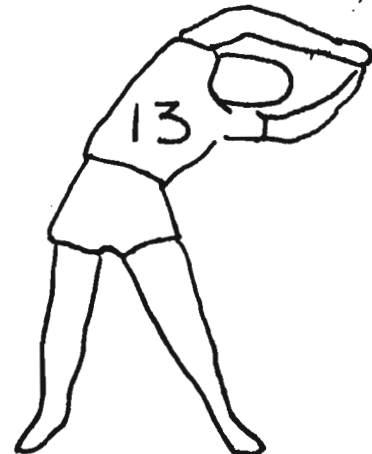


20 seconds



50 seconds

12
Repeat 8,9,10,11 to
other leg.



10-15 seconds to
each side