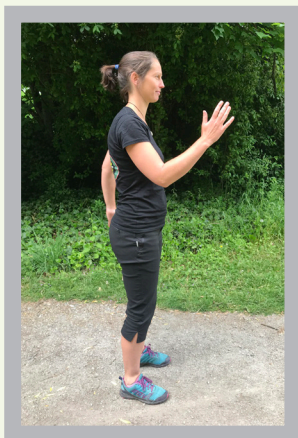


BACK *on* TRACK

PHYSIOTHERAPY

Running Warm Up



Arm Swing Heel Raises

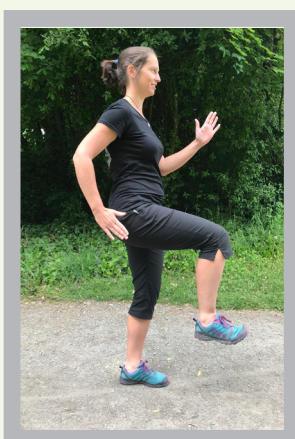
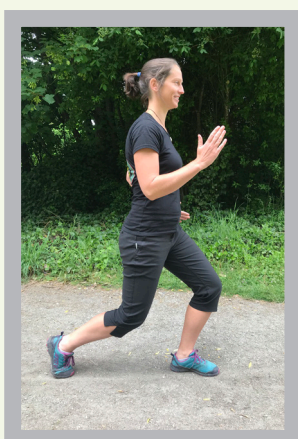
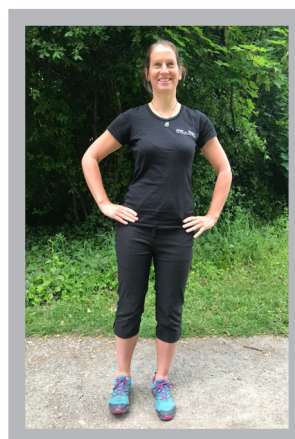
Power up and down onto toes as arms move in a natural running motion.

Repeat 10 times

Side Leg Squat

Hitch up one hip with a straight leg so foot is hovering above the ground. Squat down on the standing leg while taking the opposite leg out to the side. Ensure knee tracks over the foot and don't let it collapse inwards. Return to start position.

Repeat 10 times on each leg



Back Lunge Knee Lifts

Lunge back with the right leg then power forwards lifting the right knee up. Maintain level hips and straight tracking of the knee as it comes through. Allow natural arm swing throughout the movement.

Repeat 10 times on each leg

At Back on Track we can help with all injuries, strengthening and injury prevention programs.

Back on Track Physiotherapy

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