



E L I T E
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Getting Into Proper Walking Form

1. The spine should be elongated by standing straight, tall, and relaxed.
2. Avoid an unnatural arch in the low back, commonly known as a "sway back".
3. Hold your low back neutral by pulling in your abdominal muscles and squeezing your buttocks.
4. Keep your head up. Focus on looking forward to about 12 to 20 feet in front of you.
5. Arms should swing naturally with each step, and should be bent at the elbow at a 90-degree angle.
6. Foot placement on heel-strike should be in front of the body.
7. Pull with your hips then push off the toe.

Getting Into Proper Running Form

1. Take Hips Tall position with trunk and head directly above the hips.
2. Let arms hang loosely at the sides of body.
3. Close hands loosely with the thumbs up.
4. Lean forward slightly, bending ankles until body weight is centered on balls of feet.
5. Emphasize the foot striking the ground under the body, not ahead of it.
6. Bend arms; bring hands to top of hips forming a 90° angle between lower and upper arms.
7. Head in a neutral position, looking forward with facial muscles relaxed.

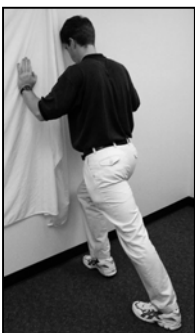
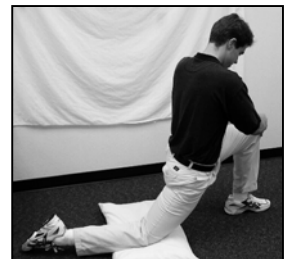


Common Stretches for Walkers and Runners

Hold each stretch a total of 30 seconds. Perform at least 2 times a day.

IT Band: Standing next to a wall cross your outside leg over the inside leg. Lean your hips toward the wall. Make sure not to twist or arch the back. You should feel a stretch down the outside of your leg.

Hip Flexor: While on one knee as shown, shift your weight forward until a stretch is felt across the front of the kneeling leg.



Gastrocnemius: Standing with one foot back, leg straight and heel on the floor, lean into the wall until a stretch is felt. Make sure to keep the toes of the back foot pointed inward.