Pelvic Stability Routine for Runners

**Introduction**

This program is designed to minimize the risk of common overuse injuries associated with track and field training and distance running. It can be implemented in 10-15 minutes and no equipment is necessary. The specific exercises and stretches in this program were selected for their ability to target key areas where weakness or restriction may increase the risk of overuse injury. This exercise routine can be used both prior to and following a run or workout. They are not designed to replace current routines, only to serve as a supplement.

**Plank x 10-15 each leg**

Lie prone on elbows and toes with equal weight on all four points of contact. Engaging abdominal muscles, lift straight leg twelve inches off the ground by engaging gluteal muscles. Hold leg at top of lift and return to the original position and repeat with the other leg. The alternative exercise if unable to stabilize pelvis and lift leg (common when beginning routine) is to simply hold position for 30-60 seconds.

**Bridge x 10-15 each leg**

Lie supine on back with feet shoulder width apart directly under bent knee. Bridge the body up and off the ground balancing weight on the shoulders and mid-foot keeping the pelvis in the neutral position. Extend knee until straight and level with the flexed knee. Ensure the abdominals are engaged and that the hips are held high off the ground. The alternative exercise if unable to stabilize pelvis and extend leg (common when beginning routine) is to simply hold bridged position for 30-60 seconds. The advanced exercises is to drop hips to ground with extended knee engaging gluteal and hamstring muscles to lower and return leg to original position. Complete 10-15 repetitions and switch leg.

**Side plank x 10-15 each leg**

Lie on side on elbows and side of foot. Engage abdominals keeping hips high and ensure that the body doesn’t twist or rotate anterior or posterior. The shoulders, pelvis and feet should remain in a line. Abduct the top leg initiating movement with the medial gluteal muscles. Hold at the top and lower in a controlled manner to the original plank position. The alternative exercise if unable to lift leg with a stable pelvis is to hold position for 30-60 seconds. Switch sides and repeat.

**Standing leg abduction x 10-15 each leg**

Stand tall with shoulders above hips and pelvis in a neutral position. Abduct leg until as high as can be achieved with a stable pelvis to a thousand-one count. Hold leg at top for a moment and return to original position in a controlled manner. The exercise should be performed in a controlled manner with the movement originating from the lateral hip (medial gluteal muscles). Switch legs and repeat.