Helsana
Committed to life.

Stretching – for fit muscles

Stretching is a key part of any running routine. It increases flexibility, promotes regeneration and improves basic muscle activation. It feels good too!



Calves

Lie on your back with your legs outstretched on the floor. Put the Theraband around the foot of your other leg and stretch it as far to the ceiling as you can – you can bend it slightly. Pull the tip of your foot down with the band. Keep your shoulders on the mat. It's better to bend the lower leg if your back goes into a hollow position.



Thighs

Change to the prone position, put the band around your forefoot. Hold the band out in front of you with both hands. Now pull your foot towards your buttocks. Press your thigh and hips onto the mat. Your head is extended up from your back, your shoulders are away from your ears and your knees are close together.



Rear thigh

Sit up straight. Put the Theraband around both feet and pull it tight. Your legs should be stretched out as far as they can go. Now, keeping your back straight, pull your upper body as far forward as possible. Ensure you pull your shoulders down and back, away from your ears.

How to do it and how often

Important:

- Before stretching, mobilise your body with rotation, extending and bending.
- Stretch your muscles slowly and continuously.
- Sink deeper into the stretch with each breath. Breathe calmly and evenly.
- Hold the position for at least 30 seconds on each side.
- Briefly loosen the side you are stretching before switching to the other.

Please note: you should be able to feel the stretch, but it shouldn't cause pain.

For more tips on how to start a safe running routine or improve your running, take a look at our blog: **helsana.ch/running-training**

2403_Einzel_NBU_Stretching_EN