

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!

How to do it and how often

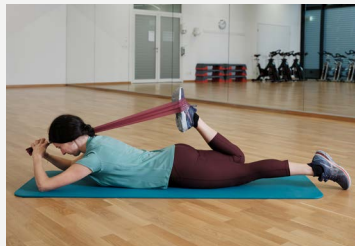
- Move your body before stretching by rotating, outstretching and bending it.
- Stretch your muscles slowly and continuously.
- Try to go deeper into the stretch with each deep breath.
- Hold the position for at least 30 seconds on each side, to relieve muscle tension.
- Breathe calmly and evenly.
- Loosen the side you're stretching briefly before you switch to the other.
- You should be able to feel the stretch, but this shouldn't cause pain.

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 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.

We are there for you.

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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