



Upper Valley  
Medical Center  
Premier Health Partners

# UVMC Center for Sports Medicine

*Your Home Town Sports Medicine Team*

450 N. Hyatt St., Suite 102 • Tipp City, Ohio, 45371 • (937) 667-2614 • UVMC.com

May 2012

## The Runner's "10" Program: The Ten Most Important Exercises for Runners

By: Corinne Lyons, ATC, CSCS

Running is a sport of passion, endurance, and training with many miles which often leads to overuse injuries. Although runners rely on training tips from coaches, proper shoe fit, and physicians, physical therapists, and athletic trainers to differentiate pain from injury, runners need to be aware of the following Runner's "10" program to stay strong and prevent injury.

All of these exercises should be completed in 3 sets of 10 repetitions with progression of repetitions and resistance as strength increases.

- 1. Side Lying Straight Leg Raises** - outer hip muscle strengthening. The runner can use ankle weights to make these more challenging. Lie on side and raise the top straight leg towards the ceiling approximately 12 inches and slowly lower back down to the resting leg.
- 2. Hip Hikers** - glute "buttock muscle" strengthening as well as hip and thigh. Stand on either leg on a 6 in box and hike the hip upwards and then slowly lower it down.
- 3. Steamboats** - also known as 4-way hip exercise with resistance bands for thigh, hip, groin and buttock muscle strengthening and balance training. Loop the resistance band around the ankle, stand on one leg and kick in the opposite direction of resistance or pull. Do not allow the exercising leg to touch the ground.
- 4. Step Downs** - total lower body strengthening. Stand on a 6-8" box and slowly lower opposite leg towards the ground. Keep the planted knee straight in line with the toe while dropping the opposite foot slowly towards the ground. Cue the athlete to pretend as if he/she is stepping on an egg without breaking it.
- 5. Vector Reaches** - balance and coordination as well as total lower body strengthening. Place several pieces of tape on the floor at 2, 3, 4 and 6 o'clock and 8, 9 and 10 o'clock. While standing on one leg and balancing, touch opposite leg to piece of tape and return leg back to center. Pattern should resemble a star.
- 6. Bridge with Knee Extension** - core and back strengthening. Lie down on the floor, knees bent with feet on the floor and arm at the side. Tighten up the abdominal muscle and slowly raise hips off of the floor to create a "bridge". Then straighten one knee out in front of the body and return back to the neutral position. Repeat for the opposite side.
- 7. Plank** - Abdominal/core strengthening
  - A. Prone Plank** - Lay face down on a hard surface or the floor. Place elbows under the shoulders and toes in a straight line with the body. Raise body up with all support on the bent elbows and on the toes. Cue the athlete to "make a table top". There should be no sagging of the back or buttocks sticking up in the air. Hold for 30 seconds or as long as able.
  - B. Side Plank** - Same idea as previous exercise, this time, side lying and top arm is either lying on the hip or to make it more challenging, arm is lifted overhead. Hold for 30 seconds each side or as long as able.
- 8. Clam Shells** - "glute" strengthening. Side lying with knees bent at 90°. Keep feet together and raise top thigh towards the ceiling while keeping bottom thigh on the floor. Open thighs like a clam. Can use resistance bands or ankle weights around the thighs to challenge the athlete.
- 9. Grab a Pen exercise** - Stand with both feet shoulder width apart. Place a pen on the floor about 18 inches in front of the athlete. Lift one leg straight back as you bend down and pick up the pen on the floor and return the pen to the same position. Repeat on the other leg. This is similar to a single leg dead lift exercise.
- 10. Stretches** - Hamstrings, quadriceps, piriformis, and achilles/calf. Hold each stretch 15 to 30 seconds and repeat 3 times each stretch.

# Sports Enhancement and Injury Reduction Programs Summer 2012

## EXPLOSIVE SPEED & POWER (ESP)

- For athletes in grades 9-12, collegiate and professional athletes.
- Utilizes Olympic lifts and core body strengthening techniques to improve power and strength.
- Proper running mechanics/ground based speed drills, plyometric jumping techniques and flexibility exercises are practiced to improve speed, agility, vertical jump and flexibility.

**When:** June 4–July 12 (Make-up week July 16-19)

**Morning:** 10:00–11:50 a.m.  
4x/wk, (M/T/W/TH)

**Afternoon:** 12:30-2:20 p.m.,  
3x/wk, (M/T/TH)  
12:30-2:20 p.m,  
4x/wk, (M/T/W/TH)

**Where:** Tippecanoe High School/weight room,  
615 E. Kessler-Cowlesville Rd., Tipp City

**Cost:** 3x/wk, \$170  
4x/wk, \$225

## EXPLOSIVE SPEED & POWER JR. (ESP Jr.)

- For athletes who will be in grades 7 or 8 next school year.
- Utilizes age-appropriate strengthening activities and emphasizes education on proper form and techniques as well as injury prevention.
- Proper running mechanics/ground based speed drills, plyometric jumping techniques and flexibility exercises are practiced to improve speed, agility, vertical jump and flexibility.

**When:** June 4-July 13 (Make-up week July 16-20)

11:00 a.m.-12:30 p.m. (M/W/F)

**Where:** Tippecanoe High School/weight room  
615 E. Kessler-Cowlesville Rd., Tipp City

**Cost:** \$170

## SPORTSMETRICS™

### Knee Injury Reduction Program

- Comprehensive training program specially designed for female athletes.
- Scientifically proven to reduce knee injuries and improve performance for sports that involve pivoting, cutting or jumping such as soccer, basketball and volleyball.
- Combines dynamic warm-up with plyometric drills, strength training and flexibility exercises.

**When:** June 11-July 20

**Morning:** 9:00 a.m.-10:00 a.m.  
(M/W/F)

**Afternoon:** 4:00 p.m.-5:00 p.m.  
(M/W/F)

**Where:** Troy High School  
500 N. Market St., Troy

**Cost:** \$95

## SPORTS PHYSICALS

Dr. Jeffrey Rayborn, M.D., primary care physician board certified in Sports Medicine, will perform the physicals.

**When:** Wednesdays—June 13, June 20, June 27,  
July 11, July 25, August 1, August 8

5-7 p.m. (By appointment only)

**Where:** Center for Sports Medicine, 450 N. Hyatt St.,  
Suite 102, Tipp City, Ohio 45371

**Cost:** \$30

For an appointment or further information, please call (937) 667-2614.

To register for all classes call Carefinders at 1-866-608-FIND  
or register online with credit card payment at [UVMC.com/ESP](http://UVMC.com/ESP) or [UVMC.com/Sportsmetrics](http://UVMC.com/Sportsmetrics)