

UNLOCK YOUR RUNNING FORM



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**MELEAH
PHYSICAL**



**MURPHY
THERAPY**



Jacob Oak



AK ENDURANCE

START WITH YOUR ROOTS

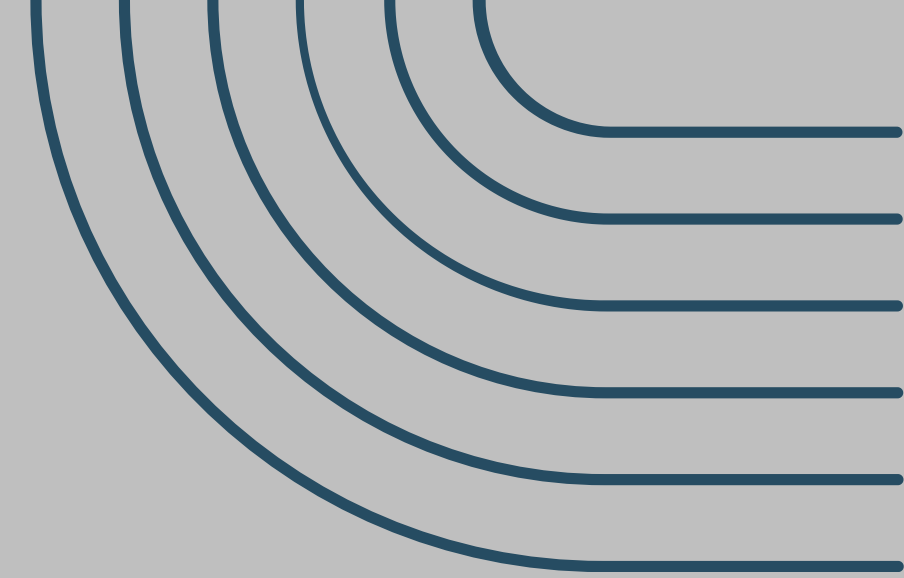
[Recorded Presentation Link](#)

AGENDA

- **Who are We?**
- **The Gait Pattern**
- **Upper Body/Rib Cage**
- **Feet**
- **Hips**
- **Questions**



UPPER BODY/RIB CAGE



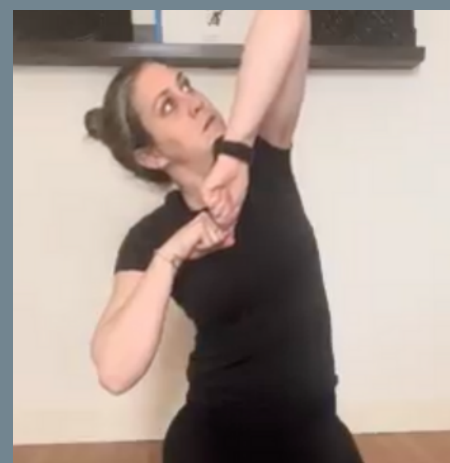
- 3-D motion of rib cage is **REQUIRED** for running
- Reciprocal motion coordinates with pelvis/hips and legs
- How do you breathe?
- Use of diaphragm

UNLOCK



Breathing

STABILIZE



Rotation Coordination

STRENGTH



Single Arm Row
Split Stance Row

FEET

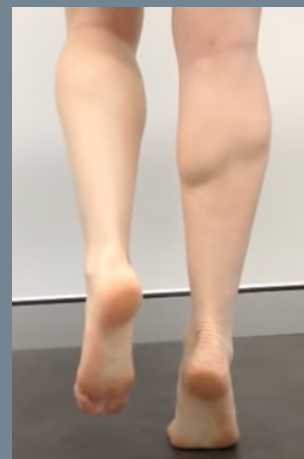
- **Pronation vs Supination**
- **Where should pronation come from?**
- **Foot strength | three contact points**
 - **1st met head, 5th met head, heel bone**

UNLOCK



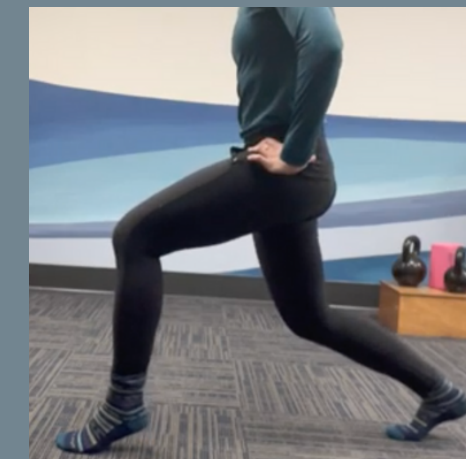
**Toe Drills + Foot Doming
Kneeling Soleus Act.**

STABILIZE



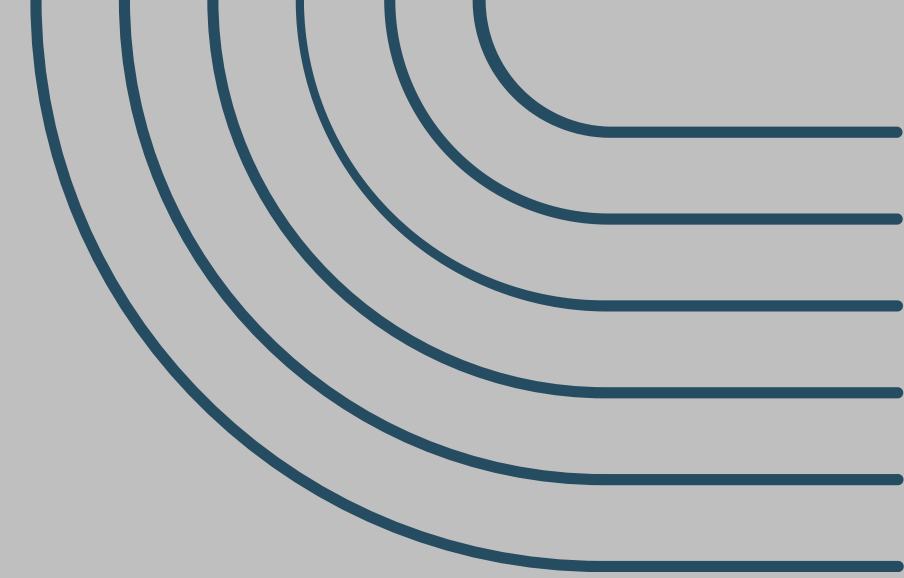
**SL Heel Raise
SL Hop**

STRENGTH



Split Squat w/Heel Raise

HIPS



- Hips are meant to **MOVE!**
- Good mobility in hips = more fluid running form
- Hip **EXTENSION** commonly limits running gait
- Generate **POWER** and **STABILITY** so need to be strong

UNLOCK



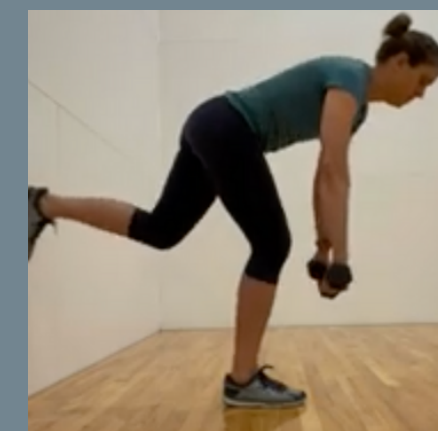
Block Clam Shell

STABILIZE



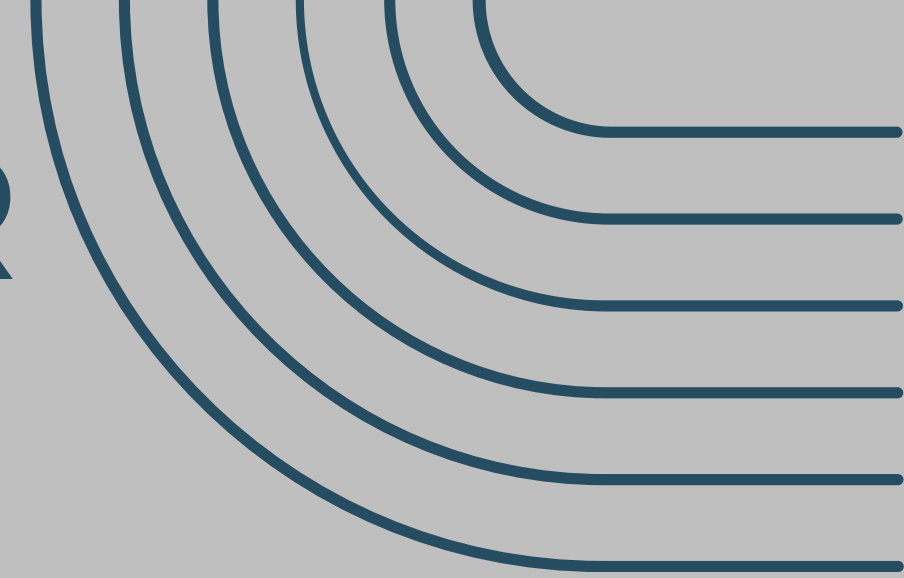
Hip Ext. Block/Wall Drill

STRENGTH



Single Leg RDL
w/Row

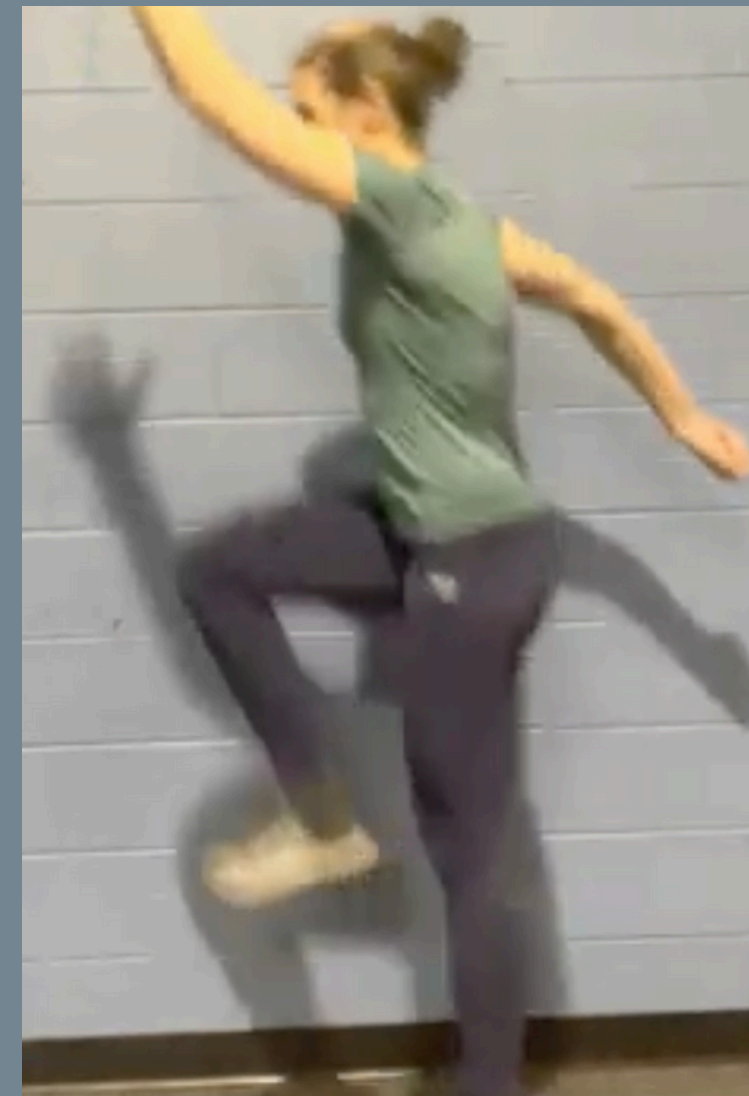
PUTTING IT ALL TOGETHER



MARCH & REACH



SKIPPING



QUESTIONS?

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 St. Louis Park + North Loop