

The basics about stretching

Flexibility is one of the five main motoric forms of exertion and stretching the key. By stretching you increase your flexibility and elasticity. Most "shortened" muscles, that are to be found all too often amongst runners, can be the cause of many symptoms and injuries. So stretch correctly:

1. Only stretch your musculature when you are warm - the best is after every run.
2. Assume the starting position, slowly stretch and without feathering the muscle until you feel a pleasant stretching (no pain!) in the muscle.
3. Stay in the final position for up to 40 seconds and do each exercise several times (3 times would be optimal). Change the sides.
4. Breathe quietly and consistently. Keep your back straight during all exercises.

Warning: Avoid stretching painful muscles or tendons!



Adductors (thigh flexor)

Start position: Stretch the knee on the side to be stretched in the straddle stand and bend the opposite knee.

Execution: Lean your upper body to the stretched knee joint until you feel the stretching on the inner side of your thigh.



Gastrocnemius (calf musculature)

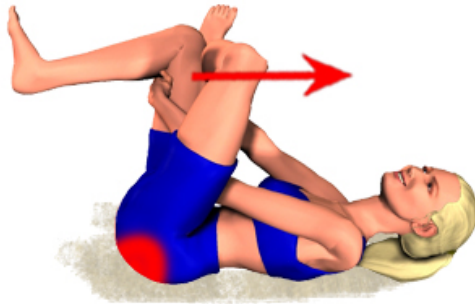
Start position: Stand in front of a wall in a walking stance and hold yourself up with your hands. The back leg is stretched, the back straight and the heel stays on the ground.

Execution: Push your hips forward until you feel the stretching in the calf musculature.

Gluteus (buttocks musculature)

Start position: Lay on the ground, pull your right leg up and lay the ankle of the left knee on the right knee joint.

Execution: Now pull your right leg to the body lightly with both hands until you feel the stretching in your buttocks.



Iliopsoas (hip extensor muscle)

Start position: Kneel in an extended walk stance with a cushion under the left knee.

Execution: Push your hips forward and shift your weight far enough over the front leg that you feel the stretching in the left side of the groin, Then alternate sides. Erect your upper part of the body.

Avoid: Do not hunch your back!



Ischiocrurale (backside of the thigh musculature)

Start position: Step down with the foot on the side being stretched and stretch your back.

Execution: Bend your straight upper body from the pelvis until you feel the stretching in the backside of the femoral.

Avoid: Do not place your foot too high and don't hunch your back.





Quadriceps (front thigh musculature)

Start position: Stand up. Bend one leg and grab your ankle with the hand on the same side. You can support yourself with the other hand.

Execution: Pull your knee slightly back towards you, keep your upper body straight and push your pelvis forward until you feel the stretching in the front side of your thigh.

Avoid: Do not lean your upper body forward!



Soleus (calf musculature and Achilles' tendon)

Start position: Stand in front of a wall in a walking stance and hold yourself up with your hands. The back leg is stretched, the back straight and the heel stays on the ground.

Execution: To stretch your Achilles' tendon you need to bend your back leg until you feel the stretching in the Achilles' tendon.

Avoid: Do not twist the hips but keep them at a 90° angle to the wall.



Tensor (thigh spreader)

Start position: Stand in a light walking stance with your right leg forward and lean on the wall with your left forearm. Cross your left leg with the right.

Execution: From this position, push your hips towards the wall. Should that not stretch enough, place your left leg a bit farther away from the wall.