

AAI MOBILITY PROGRAM

Flexibility refers to the range of movement available at a specific joint, whereas mobility is the range that a joint can work through during dynamic activities such as running. Having adequate mobility particularly around the ankles, hips and thoracic spine is important for runners to ensure that a sound posture can be sustained during the gait cycle. This program aims to enhance mobility across these areas using a combination of Active Stretches and Dynamic Mobilisations.



1 KNEE TO WALLS

Aim: Stretch the soleus muscle and mobilise the ankle joint
Technique:
Stand facing a wall.
Place one leg forwards with your foot 12-15cm from the wall.
Keep your heel on the ground and push your knee forward towards the wall.
Hold for 3-4 sec
Repeat x 10 each side.



7 LUMBAR ROTATIONS

Aim: To mobilise the lumbar spine.
Technique:
Lying on back with knees bent up and arms out at 90 degrees.
Keeping knees together drop them to the side.
Hold for 3-4 sec and then return to starting position.
Repeat x 5 each side.



2 INCH WORMS

Aim: To stretch through your calf, hamstring and lower back.
Technique:
Begin in a press up position. Walk your feet forward slowly, alternating your left and your right, ensuring you drop your heels towards the floor with each step. As you do so, bend only at the hip, keeping your legs straight. Keep going until your body is in an inverted V position. When you have reached the position of your maximum stretch start walking your hands forward returning to the press up position.
Hold for 3-4 sec.
Repeat x 5.



8 CRUCIFIX STRETCHES

Aim: To stretch Glutes and Lower Back
Technique:
Lying on back with arms out to side and legs outstretched.
Pull your right knee up towards your chest and rotate to the left bringing your knee to floor.
Hold for 3-4 sec and return to start position.
Repeat x 5 times each side.



3 HAMSTRING STRETCH – STRAIGHT KNEE & BENT KNEE

Aim: Stretch the hamstring muscles.
Technique:
Straight Knee: Lie on your back. Using a belt or rope to assist the stretch lift one leg towards you ensuring you keep the knee straight. **Hold for 3-4 sec.**
Bent Knee: Lie on your back and pull your knee to your chest. Using a belt or rope to assist the stretch try to straighten the knee while maintaining full hip flexion. **Hold for 3-4 sec.**
Repeat x 10 each side.



9 PIGEON STRETCHES

Aim: To stretch glutes and lower back and mobilise the hip joints.
Technique:
Front knee directly in line with hip. Rear leg extended. Hips square.
Lengthen through spine to a tall posture to stretch rear leg.
Flex forward to stretch front leg.
Repeat x 5 times each side.



4 QUADRICEPS & HIP FLEXOR STRETCH

Aim: To stretch the Quadriceps & Hip Flexors.
Technique:
Adapt a kneeling lunge position. Place rear foot on a bench or chair.
For Quadriceps: Pull your posture tall & push backwards bring your backside to your heel. **Hold for 3-4 sec.**
For Hip Flexors: From the above position bring your hands to the floor and push your hips forwards and down. **Hold for 3-4 sec**
Repeat x 5 each side.



10 KNEELING LUNGE THORACIC ROTATION

Aim: Mobilise the Thoracic Spine.
Technique:
Adapt a kneeling lunge position facing a wall.
With your left knee forward bring your right hand forward to touch the wall.
Rotate the thoracic spine by bringing your left arm backwards so your arms are in line.
Hold for 3-4 sec and then return to starting position.
Repeat x 5 each side.



5 CHILD POSE

Aim: To mobilise ankles, hips & thoracic spine.
Technique:
Adapt a 4 point kneeling position (on your hands and knees). Keeping your hands in contact with the floor.
Sit back onto your heels.
Hold for 3-4 sec then return to 4 point kneeling position.
Repeat x 10



11 WALL ANGELS

Aim: To improve thoracic and shoulder mobility.
Technique:
Squat against a wall ensuring your back is flat against it and your arms down by your side.
Bring your arms up to the W or 90:90 position.
From here extend arms up over head keeping them in contact with the wall at all times.
Hold for 3-4 sec and then repeat the movement in reverse.
Repeat x 10 times.



6 ADDUCTOR STRETCH

Aim: Stretch the Adductor muscles and mobilise the hip joint.
Technique:
Adapt a half kneeling position. Bring one leg out to the side. Maintaining an extended knee on the outstretched leg sit back on to your heel, using your arms to support your upper body.
Hold for 3-4 sec and then return to the starting position.
Repeat x 5 each side.



12 BENCH ROCKERS

Aim: To mobilise the thoracic spine and shoulders.
Technique:
Start in a kneeling position with your arms extended and resting on a chair or bench.
Stretch your shoulders and thoracic spine by bringing your trunk downwards towards the floor.
Hold for 3-4 sec.
Repeat x 10 times.