



Cool Down

Cool down stretches help to loosen muscles that have tightened during exercise. They allow your muscles to relax and help your body recover after a workout. It is important to focus a stretch on each of the major muscle groups, as detailed below. Start with holding each stretch for at least 30 seconds and performing 2-3 repetitions with each leg.

Hamstring

Place your foot on a short step with toes pointed up and knee straight. Slowly lean forward toward your toe, bending from your hips and not your back. Stretch should be felt in the back of your thigh.



Piriformis

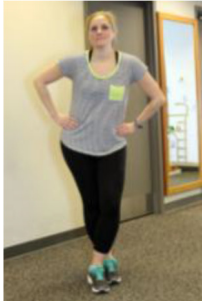
Lying on your back or sitting, cross one leg over the other so that your ankle is positioned on your opposite knee. Gently pull your thighs into your chest (if on your back) or gentle lean forward (if sitting). Stretch should be felt in the buttock/hip.





IT Band

Standing next to a wall or counter, cross your outside leg over the other and then lean your hips in the direction of the wall/counter. Stretch should be felt on the outside of the hip.



Gastrocnemius

Stand in a lunge position at a wall (back leg straight, front leg bent). Slowly lean forward into the wall keeping your back leg straight with heel flat on the ground. Stretch should be felt in the calf/lower portion of your back leg.



Soleus

Stand in a lunge position at a wall (both back and front legs slightly bent). Slowly lean forward into the wall while keeping both legs slightly bent. Stretch should be felt in lower portion of back leg/Achilles.





Hip Flexor

Start in half kneeling position (kneeling on one knee with the opposite foot flat on the ground in front of you). Slowly lean forward, bending front leg while back leg stays in place. Stretch should be felt in the front of the hip.



Quadriceps

Stand on one leg. Grasp one foot with your hand and pull up behind you. Stretch should be felt in the front of the thigh.



If you have any additional questions or would like a demonstration, don't hesitate to ask one of the physical therapists from The Ohio State University at the group runs.

If you are experiencing pain that doesn't resolve, contact Ohio State University Sports Medicine at 614-293-7600 for priority scheduling.