

## **Appendix 1**

Instructional handouts for a stretching program and common overuse injuries (iliotibial band syndrome, medial tibial stress syndrome, achilles tendonitis, plantar fasciitis) are included. Exercises are reviewed with a physical therapist or athletic trainer. Appropriate modifications are made based on such factors as clinical presentation and availability of fitness equipment for rehabilitative purposes.

(Handouts courtesy of Baylor Sports Rehabilitation Services, Robert P. Wilder, MD, FACSM, Director, used with permission.)

# RUNNERS STRETCHING PROGRAM



\_\_\_ sets      \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



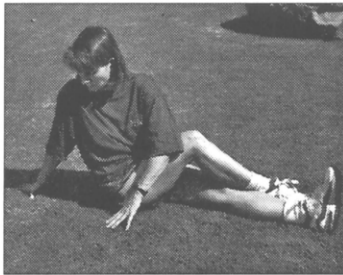
\_\_\_ sets      \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



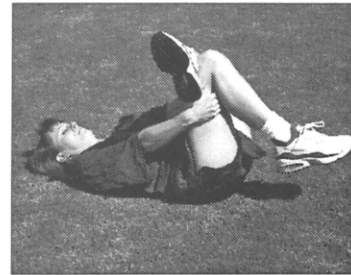
\_\_\_ sets      \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



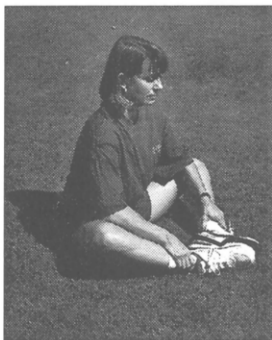
\_\_\_ sets      \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



\_\_\_ sets      \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



\_\_\_ sets      \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



\_\_\_ sets      \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds

Fig. 1.

# ILIOTIBIAL BAND SYNDROME



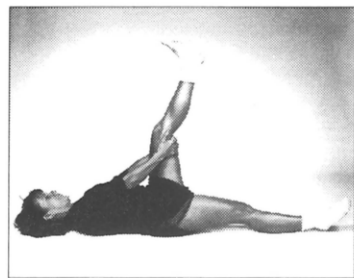
\_\_\_ sets     \_\_\_ sessions  
\_\_\_ repetitions     \_\_\_ seconds



\_\_\_ sets     \_\_\_ sessions  
\_\_\_ repetitions     \_\_\_ seconds



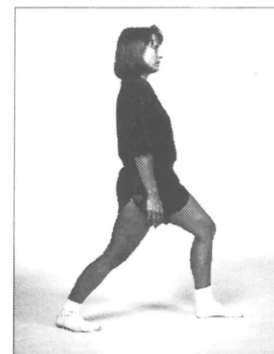
\_\_\_ sets     \_\_\_ sessions  
\_\_\_ repetitions     \_\_\_ seconds



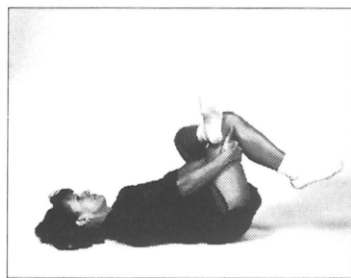
\_\_\_ sets     \_\_\_ sessions  
\_\_\_ repetitions     \_\_\_ seconds



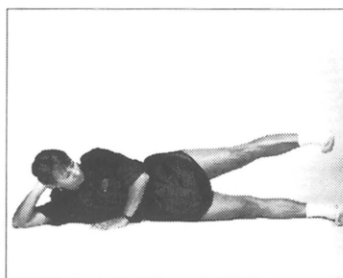
\_\_\_ sets     \_\_\_ sessions  
\_\_\_ repetitions     \_\_\_ seconds



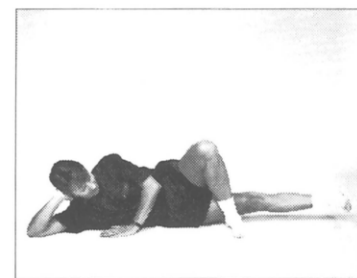
\_\_\_ sets     \_\_\_ sessions  
\_\_\_ repetitions     \_\_\_ seconds



\_\_\_ sets     \_\_\_ sessions  
\_\_\_ repetitions     \_\_\_ seconds



\_\_\_ sets     \_\_\_ sessions  
\_\_\_ repetitions     \_\_\_ seconds



\_\_\_ sets     \_\_\_ sessions  
\_\_\_ repetitions     \_\_\_ seconds

Fig. 2.

# MEDIAL TIBIAL STRESS SYNDROME



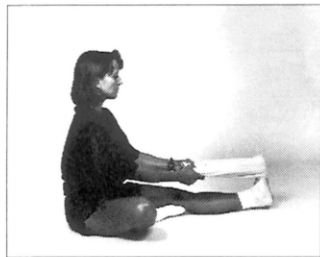
\_\_\_ sets      \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



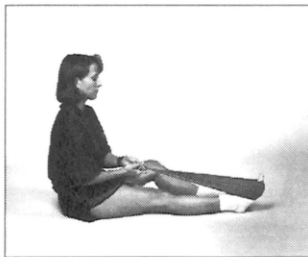
\_\_\_ sets      \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



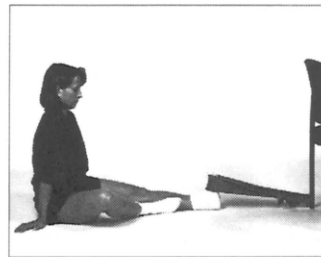
\_\_\_ sets      \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



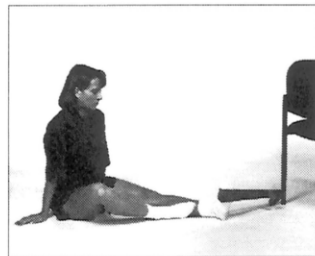
\_\_\_ sets      \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



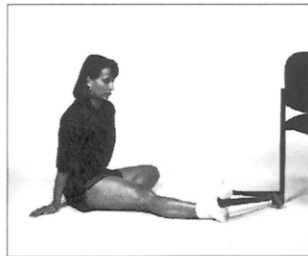
\_\_\_ sets      \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



\_\_\_ sets      \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



\_\_\_ sets      \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



\_\_\_ sets      \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



\_\_\_ sets      \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



\_\_\_ sets      \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds

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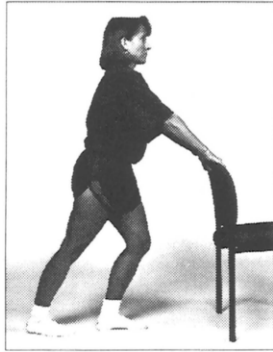
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Fig. 3

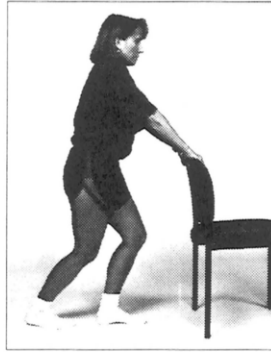
RUNNERS INJURY CLINIC  
Clinic Director:  
Robert P. Wilder, M.D., F.A.C.S.M.

Sports Rehabilitation Staff:  
Eileen Moore, P.T.  
Steve Smith, A.T.C.

# ACHILLES TENDONITIS



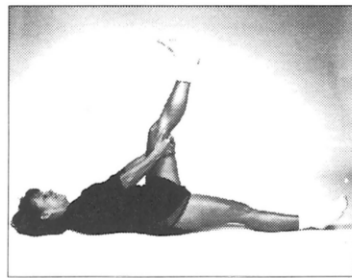
\_\_\_ sets      \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



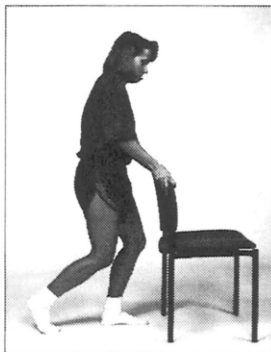
\_\_\_ sets      \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



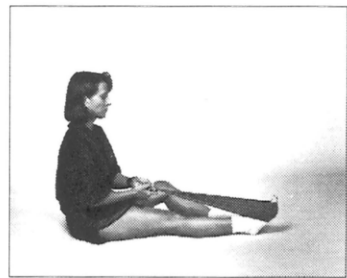
\_\_\_ sets      \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



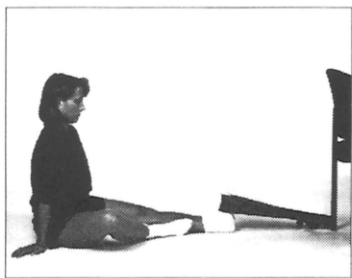
\_\_\_ sets      \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



\_\_\_ sets      \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



\_\_\_ sets      \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



\_\_\_ sets      \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



\_\_\_ sets      \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds

Fig. 4.

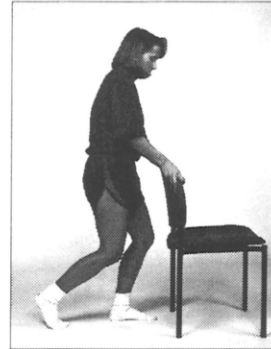
# PLANTAR FASCIITIS



\_\_\_ sets    \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



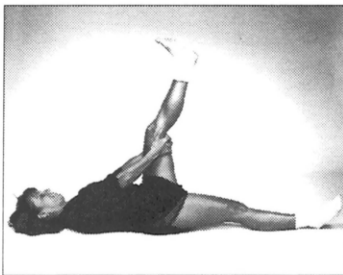
\_\_\_ sets    \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



\_\_\_ sets    \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



\_\_\_ sets    \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



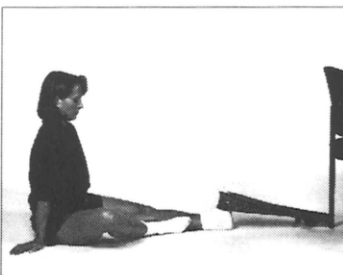
\_\_\_ sets    \_\_\_ sessions  
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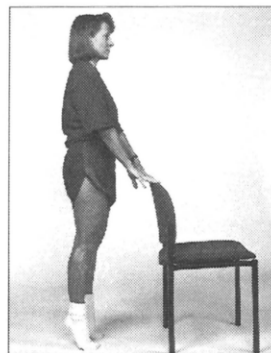
\_\_\_ sets    \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



\_\_\_ sets    \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



\_\_\_ sets    \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds



\_\_\_ sets    \_\_\_ sessions  
\_\_\_ repetitions    \_\_\_ seconds

Fig. 5.