

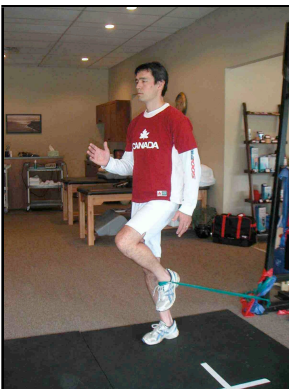
## Pillar Core Training for Runners

### Key Points!

- **Maintain excellent posture throughout.**
- **No pain allowed - alter your body position and decrease the resistance until the exercise is pain free. Your body will adapt and strengthen and you will be able to hold a greater variety of positions.**
- **Only work 60-70% of your maximum capacity. We are not trying to break the bands here.**
- **Hold each position for 10-15 seconds then move on.**
- **If you have skin sensitivity to latex (the theraband is rubber) then cover your skin before starting the program**

Theraband offers resistance depending on the thickness of the band. You can find these bands in many sport equipment stores and we also carry it at Parkway Physiotherapy at about a buck a foot.

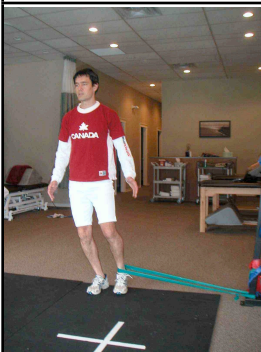
**Exercises:** We suggest performing these exercises in a circuit. Hold one position as shown for 10 - 15 seconds then move to the next one. Switch legs and repeat to complete one circuit. When the circuit is done take a minute rest and then repeat. Your physio may suggest a certain number of circuits and a certain colour of band but a decent start is with three to four circuits using red theraband.



### Flexion

Weight is evenly distributed over the stand leg.

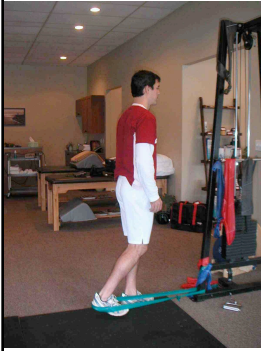
No leaning back, keep core tight to protect and strengthen your back and legs at once.



### Adduction

No knee pain. The stand leg may be bent or straight but keep the resistance low if you are rehabilitating a knee injury.

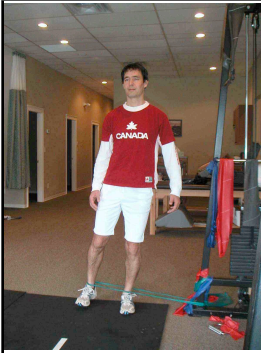
Try to maintain perfect foot placement. Fight against the foot going too flat or from tipping to the outside (over pronating and over supinating).



### **Extension**

Do not arch your back. Again the stand leg may be held in different positions.

If the band rolls too much you can wrap it under heel as shown in the pic. Most just keep it around the ankle the whole time.



### **Abduction**

Tough to see but my stand leg is inside the loop here. Start by taking your outside leg straight to the side.

Again your foot may move around a lot - control this movement to strengthen the pillar from the sole of your foot to your spine.