

## SUPPORT FOR YOUR STRIDE

### LEARN HOW TO IMPROVE YOUR GAIT

Maintaining full joint range of motion and functional stability required for running takes a small investment of time that pays off with reduce risk for injury and improved performance.



### REDUCE DOWN TIME AND RUN FASTER

Combat hours spent sitting or standing for work with individualized mobility and stability activities to maintain a smoother, more efficient running stride.

**CALL MBJ TODAY! 406-542-4702**

Running gait analysis is the best way to develop a program specific for you.

See inside for examples of activities used to keep your stride strong and your running swift!

## KRISTINA PATTISON, DPT, CSCS



Kristina is a doctor of physical therapy and a certified strength and conditioning specialist at Missoula Bone and Joint Physical Therapy and Sports Medicine. Kristina is also a semi-professional mountain

runner competing internationally in ultra-distance events, and is passionate about helping runners achieve their performance goals.

**NOW OFFERING: RUNNING GAIT ANALYSIS**  
+ Individualized form and technique programs

**CALL TODAY TO SCHEDULE!**

Phone: (406) 542-4702

[www.missoulaboneandjoint.com](http://www.missoulaboneandjoint.com)

2360 Mullan Rd. Suite C  
Missoula, MT 59808



## STRONG + SWIFT

### Key Moves For Runners



by Kristina Pattison, DPT, CSCS

### ROLL 5-10 MINUTES PRE-STRETCH

Rolling the quads and hip flexors consistently after running and prior to stretching helps with maintaining mobility of the hips and knees. **Tip:** use a lacrosse or tennis ball to target specific



Gently move over roller to release tension.

### STRETCH 10-20 MINUTES POST-RUN

Stretching restores length of muscles, keeping the stride fluid and efficient. Hold until release is felt, or at least 1-2min. **Tip:** move dynamically through these motions pre-run without holding to warm up.



Keep spine long and breathe deep.

### STRENGTHEN 1-2X PER WEEK POST-RUN

Regular strengthening exercises during the season keep stabilizing muscles toned for high-impact loads endured while running. **Tip:** keep loads light and perform slow, controlled reps to fatigue



Reach to opposite shin & return to standing.



Squat on one leg keeping back straight.



Stand on straight leg and press overhead.

By Kristina Pattison, DPT, CSCS For Runners Gait Analysis Call: 406-542-4702

Find more ide as online at Missoula Bone & Joint on You Tube and [www.kristinapattison.com](http://www.kristinapattison.com)