

# Top 10 Stretches for Your Health

*Protect and  
optimize your  
health with  
stretching  
routines*



**Dr. Bill Collins**

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## Getting Started

People have often asked me if there were any good books on stretching. My answer to them was always the same: NO! There are a lot of books, a lot of stretching videos, and a lot of “stretches” that are not even stretches. But HOW EXACTLY you stretch and when matters a great deal in the effectiveness of stretching.

I am in the process of finishing two books on running: a Beginner Guide and an Advanced Competitive Runners Bible that gets into the important factors that affect the quality and effectiveness of stretching. In the meantime, this short guide will help you gain some of the benefits PROPER stretching can provide. My YouTube channel links are provided for each stretch that demonstrates exactly how to do each one.

As a special bonus, if you order [\*Personal Training with Dr. Bill\*](#), you will receive a 30 minute consultation with me, the *Running for Beginners* and the *Top 10 Stretches for Runners* books, as well as a Personalized Gait Analysis, and Free Q&A webinars. AND... 1 Full Year Membership into Dr. Bill's Private Training group with access to my video training library.

Check out the special link in the back for more information.

## TOP 10 STRETCHES FOR RUNNERS

So who am I and why should you believe me?

I have a degree in Exercise Physiology, as well as a Doctor of Chiropractic degree, graduating both with Honors. I was a competitive distance runner and personal trainer for many years, as well as active in other sports and fitness. I've trained and treated 100's of professional and high level amateur athletes in a wide range of sports, as well as beginner exercisers. My athletes have fewer injuries, recover faster, and perform better thanks in large part due to the proper stretching techniques I use and teach.

Pete, a marathoner, took 45 minutes off his best time using these techniques, and he said it felt easier and wasn't as drained at the end. Another runner, Laura, had chronic severe lower leg, ankle and foot pain for over two years that made even walking short distances difficult. I was her 19th doctor trying to seek relief when she limped into my office. Because what I tried to teach her contradicted what all the other doctors and therapists taught her, she argued with me. When I asked a bit sarcastically "how do your legs feel now?" she relented and followed my treatment and advice. Two months later she was able to run again pain free.

## TOP 10 STRETCHES FOR RUNNERS

An LPGA (lady professional golfer) player had chronic severe foot pain that significantly affected her ability to play at peak performance. She was being treated by another chiropractor who helped quite a bit, but it kept coming back. She was in my state for a tournament and heard about me. ONE treatment and her foot pain was gone and did not return. Her doctor called me up and asked what I did to her because it was completely healed and hadn't returned. He flew to spend time in my office learning these techniques.

Follow the principles and rules of stretching, and do them step-by-step as shown in this book, and you will run with less effort, adding efficiency to your stride and keeping you healthy and injury free.

**Yours in good health,**

Dr. *Bill*

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Chapter



# Rules for Stretching

## **RULES FOR STRETCHING**

- **\*\*Get medical clearance if special circumstances such as joint replacements or injuries\*\***
- Best done in the afternoon / early evening or anytime **AFTER** you exercise
- Worst time is early morning or when you are feeling really stiff. Walk 10-30 minutes first.
- Stretch both sides, alternating each side 3-4 times each side – 5 times if really tight.
- Can do 1-3 times per day until relief
- If one side is much tighter than the other, stretch the tighter side 1-2 extra times
- Hold for 20-30 seconds – Relax
- **NO BOUNCING!**
- Complete the stretches in the order shown
- Stretching is not a balancing act: hold on to something!
- **\*\* Stretches are good for almost everybody \*\***



Chapter



Stretching  
Exercise

## EXERCISE 1: Hamstring stretch.

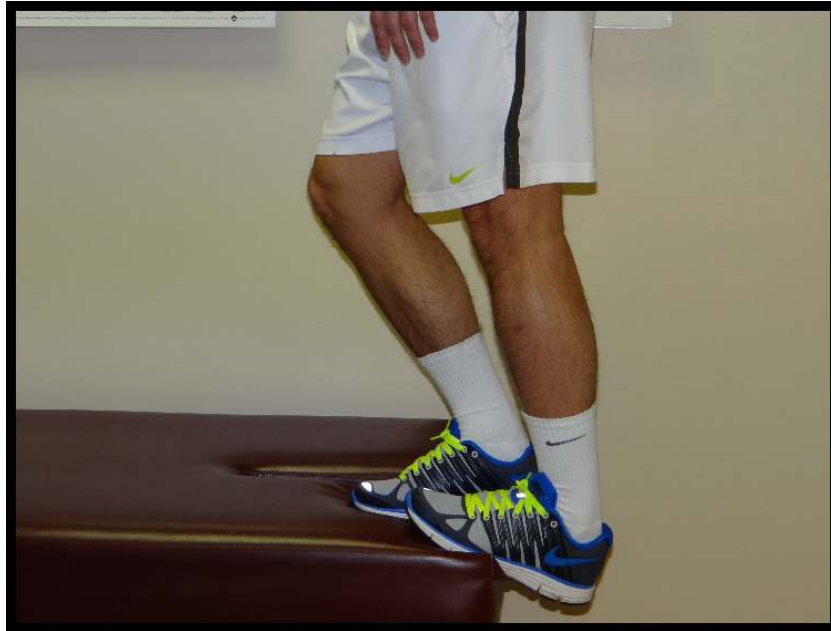


To perform this stretch:

- Find a stable chair about knee height.
- Hold onto something for balance.
- Put one leg on the chair, thigh straight, toes towards ceiling. Keep both knees straight, hip square.
- Standing foot is perfectly parallel with leg being stretched.
- Use the other hand to lock the knee.
- Bend forward with both shoulders.
- Hold for 20-30 seconds. Alternate the side.

**\*\*\*You can watch Hamstring Stretch video [here](#)**

## EXERCISE 2: Gastroc stretch



To perform this stretch:

- Do this stretch on the last step of the stairs.
- Hold onto the railing for balance.
- Stand straight on the step.
- Drop one foot backward, ball of foot on the step.
- Keep the behind leg straight. Slowly drop your body.
- Hold for 20 – 30 seconds.
- Use the front leg to switch feet. Don't push up with your calf.
- Alternate each side. Do 4 times each side.

**\*\*\*You can watch Gastroc Stretch [here](#)**

## EXERCISE 3: Soleus stretch



To perform this stretch:

- Do this stretch on the last step of the stairs. Hold onto the railing for balance.
- Stand straight on the step.
- Drop one foot backward, ball of foot on the step.
- Bend both knees 20-30 degrees. Slowly drop your body.
- Hold for 20 – 30 seconds.
- After holding for 20 – 30 seconds, use the front leg to stand back up.
- Alternate each side. Do 4 times each side.

**\*\*\*You can watch Soleus Stretch video [here](#)**

## EXERCISE 4: Hip external rotation muscles stretch



To perform this stretch:

- Sit on a chair in a figure four, ankle on knee.
- Keep the other foot straight and both cheeks on the chair.
- Use two hands to pull the knee towards the opposite shoulder, keep your body straight, relax the shoulder.
- Hold for 20 – 30 seconds. Don't twist.
- Alternate each side. Do 4 times each side.

**\*\*\*You can watch *Glutes Stretch* video [here](#)**

## EXERCISE 5: Hip internal rotation muscles stretch.



To perform this stretch:

- Sit and cross your ankle over your knee, the same as the first stretch.
- Bend forward and then rotate to the opposite side. Don't twist.
- Keep your back flat as you rotate away from the hip.
- Hold for 20 – 30 seconds – RELAX.
- Alternate each side. Do 4 times each side

**\*\*\*You can watch *Glutes Stretch* video [here](#)**

## EXERCISE 6: Quadriceps stretch



To perform this stretch:

- Hold onto something for balance.
- Stand straight, use one hand to hold ankle, keep your legs close together.
- Pull your leg back, hip straight/square, knee close, lean forward.
- Hold for 20 – 30 seconds.
- Alternate each side. Do 4 times each side

**\*\*\*You can watch Quadriceps Stretch video [here](#)**

## EXERCISE 7: Adductors stretch



To perform this stretch:

- Sit on the floor and spread your legs as wide as possible while keeping toes straight up (toes towards ceiling).
- Lean forward, hold for 20 seconds. Then rotate to the left (lean towards left knee) for 20 seconds, then right.
- After that rotate forward and sit back up.
- Repeat 4 times. No bouncing.



## EXERCISE 8: Psoas stretch



To perform this stretch:

- Use a pillow or something soft for your knee.
- Hold onto something for balance.
- Kneel on one knee. Put the other leg up, ankle about 30 – 40 centimeters away the knee.
- Keep hip straight, both feet straight.
- Look up, arch back, push your hip forward and down. Knee does not go in front of ankle.
- Hold for 20 – 30 seconds. No bouncing.
- Do the same for the other side. Do 4 times each side.

**Note:**

- *To stretch upper psoas, look way back and arch back first.*
- *To stretch lower psoas, first push hip (lunge) forward more.*

**\*\*\*You can watch Psoas Stretch video [here](#)**

## EXERCISE 9: IT Band stretch



To perform this stretch:

- Find a doorframe, put your hand on the doorframe to make a V shape.
- Put the other hand behind your head.
- Cross the inside leg in front, push back to lock the knee of the outside leg.
- Push your hip away from the doorframe as much as possible.
- It's not leaning inward, it's pushing the hip out.
- Keep the body straight, no twist.
- Hold for 20 – 30 seconds.
- Alternate each side. Do 4 times each side

## EXERCISE 10: Chest stretch



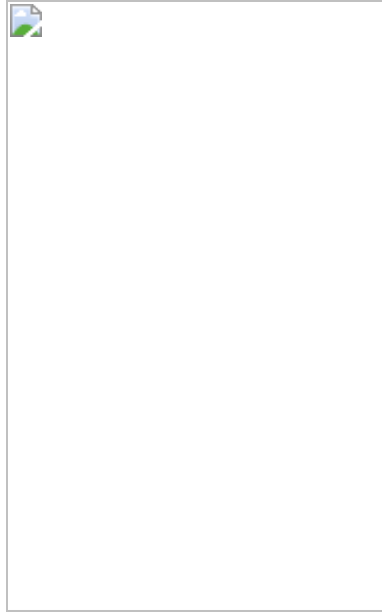
To perform this stretch:

- Find a doorframe.
- This stretch has 3 positions: lower, equal and higher than shoulder.
- Put your wrist on the doorframe. DON'T PULL on doorframe
- Step up with both feet so that your arm is straight, your wrist is behind and 15 – 20 centimeters away from shoulder.
- Step forward and out with your opposite foot.
- Look up. Turn your head and chest away from your arm.
- Hold for 20 to 30 seconds. Alternate each side.
- Do the same for the other positions: middle and higher than shoulders.
- Repeat 2 times.

\*\*\**You can watch Chest Stretch video [here](#)*

# TOP 10 STRETCHES FOR RUNNERS

GET MY **RUNNING FOR BEGINNERS** BOOK NOW!



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Dr. Bill Collins

# TOP 10 STRETCHES FOR RUNNERS



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