



PRE & POST-RACE TRAINING TIPS FROM OUR AWARD SPONSOR, DUPAGE MEDICAL GROUP.

The Lions Club Reindeer Run is almost here!

Whether this is your first 5K, or your fiftieth, following these simple pre-race stretches from DuPage Medical Group physical therapists will get your body warmed up for the race. Try incorporating the following exercises into your warm up routine to prevent muscle strain and injury:

1. Raise your knee up (like you are marching) and lightly grab the knee. Then, lower your knee and repeat on the other side. Be sure to keep your back straight.
2. Raise a straight leg up in front of you, going no higher than parallel to the ground. Then, lower and repeat on the other side. Be sure to keep your back straight.
3. Place one leg behind you with your foot flat and gently twist side to side. Repeat on the other side.
4. Step to the side into a small lateral lunge while keeping the opposite knee straight. Step back to the middle and repeat on the other side.
5. Walk while bending your knee to bring your foot toward your bottom. If you're able, tap your ankle/foot with your same side hand.
6. With one leg crossed in front of the other, bring your arms overhead. Gently rock your arms side to side. Repeat this with the other leg crossed in front.

Be sure to look for the DuPage Medical Group tent after the race! Our physical therapists will be at the finish line to provide free post-race stretching to help alleviate any soreness and/or muscle fatigue.

POST-RACE

Feeling a little sore after Reindeer Run? The good news is that race-induced muscle fatigue typically resolves itself within 2-3 days. In the meantime, here are some tips to help alleviate your symptoms:

- **Stretch:** Focus on stretching your gluteal, hamstring, quadriceps, groin and calf muscles with exercises in three sets of 30-60 seconds each.

- **Ice:** Icing can reduce inflammation and soreness. Apply for 15 minute intervals for the first 48 hours after a run. Wait at least one hour between treatments.
- **Refuel:** Rehydrate with milk, protein shakes or sports drinks. To reduce muscle soreness, refuel with foods such as nutrition bars, bananas, fruit or yogurt, ideally within 30 minutes of a run.
- **Massage:** For up to 48 hours after a race or run, massage your muscles to help break up knots and reduce soreness. Foam rollers and tennis balls can also help massage your muscles.

If you're still feeling sore a week after the race or if your pain worsens, you may want to seek medical treatment or physical therapy.

The physical therapists at DuPage Medical Group are here to help – call us at 630-967-2000 to schedule an appointment or visit us [online](#).

For a complete list of services offered at DuPage Medical Group, visit DuPageMedicalGroup.com.