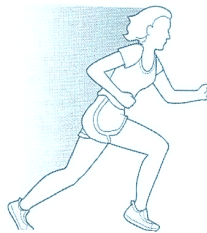


# Heel Striker

A heel striker usually describes someone who strikes hard with their heels first when running.



Heel Striker



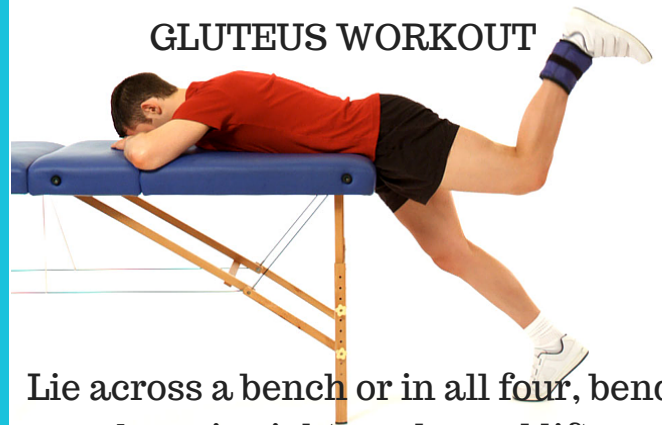
Normal Runner

Different issues can lead to heel striking such as a sway back or flat back profile, an upright running pattern, tight calves & hamstrings, weak gluteus & hip flexors (ex: quadriceps). This could eventually lead to injuries such as shin splint, groin pain, back pain, etc... You can address partially those issues with those exercises, especially if done daily:



## WALKING LUNGES

**Instructions:**  
Bend your knee over your toes, and allowing your back knee to drop to the ground. Bring your nose in alignment with your front knee, back straight, and repeat with the other leg. Do 3 set of 10 repetitions.



## GLUTEUS WORKOUT

Lie across a bench or in all four, bend your knee in right angle, and lift your thigh up. Control the lowering all the way. Do not arch your back in this exercise. Do 3 set of 10 repetitions for each leg.



## DYNAMIC CALF STRETCH

In a pyramid position, push one of your heel down. Repeat 15 times with alternate legs, rhythmically.

## ANTERIOR TIBIAL STRETCH



Move your foot downwards and use your hand to add an extra stretch. Hold the stretch for 5 breathing cycles and repeat 3 times each leg.

- If you are a runner, keep your strides short and land mid-foot, but increase gradually your speed. Build up your running distance or duration progressively and use supportive shoes that maintain your foot in alignment.
- Seek the help of a healthcare provider like a qualified physiotherapist. They will provide you with adequate exercises and treatments.