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*Physiorun Cheat Sheet*

# [Common Physiotherapy Drills](https://youtube.com/playlist?list=PLwQBg6aQTkudHLuuU0BhpYirwrUFMBjq3)

In this section you will find commonly used drills that James will direct you to this link if seen in the clinic.

# [Running Warm Ups](https://youtube.com/playlist?list=PLwQBg6aQTkufzm-YEpvZtKDXm-wfrOPLG)

# *Follow the link above for structured warm ups such as "The Cal poly Mobility Flow" and "The Pre Run Warm Up" to help you prepare for your run.*

# [Running Cool Downs](https://youtube.com/playlist?list=PLwQBg6aQTkudu0iCzsdPviQ_XIHuhwd5D)

Follow the link above for structured cool downs after a run. Evaluate the cool downs to target your specific areas of need.

# Taster Classes

The following links lead you to taster classes for improving strength for running.

[Unlace the Brace – Foot Strengthening](https://youtu.be/rO1tKRMMyjQ)

[Running From Injury](https://youtu.be/FGDJ9qqTQSE)

[Core For Running](https://youtu.be/pueWSmXie4s)

[Foot Fundamentals](https://www.youtube.com/watch?v=lKvqhlVbRF8&list=PLwQBg6aQTkuelDpPowrKI18UJ7Q7iWXe1&index=5&t=456s)

# [Glutes](https://youtube.com/playlist?list=PLwQBg6aQTkucWLTrc9OVMS4fgfVFysU9H)

# *Exercises to address the gluteal complex, including gluteal complex routines from the popular "Running From Injury."*

# [Hamstrings](https://youtube.com/playlist?list=PLwQBg6aQTkucUn80XibtSb3jw4_X1a2Va)

# *Exercises to target the hamstring complex, including workouts from the acclaimed "Running From Injury" book.*

# [Quadriceps](https://youtube.com/playlist?list=PLwQBg6aQTkueVsacizRmmppycuEF-sVSS)

# *Exercises to target the quadriceps, including workouts from the acclaimed "Running From Injury" book.*

# [Calf (Gastroc / Soleus)](https://youtube.com/playlist?list=PLwQBg6aQTkuc9AQTHNy_MNhvZ6VjzHDSF)

# *Exercises to target the calf complex, including workouts from the acclaimed "Running From Injury" book.*

# [Core](https://youtube.com/playlist?list=PLwQBg6aQTkucC03eD9cBF1Jq5hn9ATzeV)

Exercises to target the Core. The diaphragm, pelvic floor, abdominals and back are all targeted in the section above.

# [Plyometrics](https://www.youtube.com/playlist?list=PLwQBg6aQTkufFWHRKsJNRWuXf26FehLGM)

Exercises to target the plyometric loading of the lower limbs. These are important to include in your rehabilitation as provide the tendons, joints and muscles stimulation to strengthen.

# [Foot Strength](https://youtube.com/playlist?list=PLwQBg6aQTkufMJJQftlMfBKANjFPE9txF)

An often over looked area of the body. There are over 140 drills in this playlist to let you explore your foot and improve your awareness of the ground.

# [Unlace the Brace](https://payhip.com/b/ZQqW)

The popular 30-day strength plan for the feet. Increasing awareness, strength and connection to the whole lower limb over the 30 days.

# [Masters Athlete](https://payhip.com/b/GA2Iy)

Masters athletes develop certain risk factors for injury. In the 5 hour long classes we delve into the strength, mobility and stability to keep you from injury.

# [The Physiorun Resource Centre](http://www.physiorun.net/)

All the running resources you could ask for in one place. The popular marathon spotlights, running v-logs, exercise classes and lots more. Select blogs available for free. All resources available to patrons.