

### **Scarecrow Scramble 5k Nighttime Family Run/Walk – PT 5k Tips**

Whether this is your first 5k, or your fiftieth, following these simple pre- and post-race stretches from DuPage Medical Group physical therapists will get you moving and reduce risk of injury and pain.

#### **PRE-RACE**

Try incorporating each of these moves a total of 10 times into your warm-up routine to prevent muscle strain and injury.

1. Raise your knee up like you are marching to lightly grab the knee. Lower and repeat on the other side. Keep the back straight.
2. Raise a straight leg up in front of you, going no higher than parallel to the ground if able. Lower and repeat on the other side. Keep the back straight.
3. Place one leg behind you with the foot flat. Gently twist side to side. Repeat on the other side.
4. Step to the side into a small lateral lunge keeping the opposite knee straight. Step back to the middle and repeat on the other side.
5. Walk bending the knee to bring your foot toward your bottom. If able tap the 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 with the other leg crossed in front.

#### **POST-RACE**

After the Scarecrow Run, you may be feeling a little sore. The good news is that race-induced muscle fatigue typically resolves itself within 2-3 days. In the meantime, here are some tips on how to alleviate symptoms.

- **Stretching:** Focus on stretching your gluteal, hamstring, quadriceps, groin and calf muscles 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. Refuel with foods like nutrition bars, bananas, fruit or yogurt, ideally within 30 minutes of a run, to reduce muscle soreness.
- **Massage:** Massage your muscles to help break up knots and reduce soreness up to 48 hours after a race or run. Foam rollers or tennis balls work great!

If you have a pain that won't go away or a question about the right running form, 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 lists of services offered at DuPage Medical Group, visit [DuPageMedicalGroup.com](http://DuPageMedicalGroup.com)