

# ASANTE® News

ASANTE ASHLAND COMMUNITY HOSPITAL | ASANTE PHYSICIAN PARTNERS | ASANTE ROGUE REGIONAL MEDICAL CENTER | ASANTE THREE RIVERS MEDICAL CENTER

## To Your Health: Pear Blossom Tips and Treats

It's less than a month until this year's April 11 Pear Blossom Run, sponsored by Asante, and the staff at Asante Health Promotion Services have more thoughts about how to make the run a positive experience.



Running makes your legs strong, toned and – unfortunately – tight. The quadriceps, hamstrings, calves and hips flex and extend over and over as you run. Those muscles and tendons can develop imbalances, scar tissue and tension, potentially leading to common overuse injuries such as IT Band syndrome and Achilles tendonitis.

The website Active.com recommends doing dynamic stretches before you run, and static stretches after your run. Dynamic (in motion) stretches activate and loosen up leg muscles. Static stretching at the end of your run can bring your heart down, cut your risk of injury and lessen muscle soreness.

The Asante Health Promotion Services suggestions, courtesy of Active.com:

- Pre-Run – both these dynamic stretches loosen up and activate leg muscles through full range of motion.
  - Leg swings. Hold onto a sturdy object, stand on one leg and swing the other leg forward and back. Do 20. Then swing that same leg side to side 20 times. Each swing should build until your leg is close to its full range of motion.
  - Walking lunges. Take a large step forward with your right leg, and bend the knee until your thigh is parallel to the floor and knee is aligned with your ankle. Push back upward, draw your left foot even with your right and step forward with the left. Try to keep your walking lunges fluid, and focus on proper form. Do 20 (10 per leg).
- Post-Run – these stretches target the major leg muscles to maintain healthy flexibility and range of motion. Hold all stretches for 30 seconds to two minutes.
  - Kneeling hip flexor and hamstring. From a kneeling position, plant the right foot on the ground in front of you, so the leg is bent 90 degrees, with the knee and [ankle](#) aligned. Keeping your back straight, press forward into your right hip while keeping your left knee pressed into the ground, stretching your left hip and right hamstring. To increase the stretch to the left hip flexors, squeeze and contract the glute muscles of your left hip.
  - Standing quad. Stand with legs together. Bend your left leg, bringing your heel toward your butt, and grasp your left foot with your left hand. Press your shoelaces into your hand, so that your leg does the stretching instead of pulling up with your hand.

- Standing calf. Stand facing a wall with your hands on the wall at about chest level. Placing the ball of your right foot up against the wall, heel touching the floor, gently lean into the wall until you feel a stretch in your calf while keeping your leg straight.

It's advisable to consult your physician or call Asante Employee Health for a "clearance for exercise" appointment before beginning any new exercise program. Call Employee Health in Ashland at 541-210-4484, in Medford at 541-789-5008 or in Grants Pass at 541-472-7376.

[Registration](#) for all three Pear Blossom events is open online through April 11. The cost for the [10 Mile Race, which begins at 8:20 a.m.](#), is \$26 through April 4 then goes up to \$36. The [5K Race, which begins at 7:00 a.m.](#), is \$20 through April 4 and then goes up to \$30. The costs of the [Fun Run Races, which begin at 7:50 a.m.](#), are \$7 for the one-mile race, two-mile race or both races.

A group photo of all Asante employees participating in any of the Pear Blossom events will be taken at 6:30 a.m. on the Medford City Hall steps, at Oakdale Avenue and Eighth Street. Asante is the presenting sponsor of the Pear Blossom Run.

Contact Health Promotion [by email](#) with questions about the event or training.

The Health Promotion Team and members of the Asante Wellness Committee were in hospital cafeterias last week with information on Pear Blossom, Relay for Life, myCare and more. Winners of gift basket drawings were Dawn Dille, volunteer coordinator at Asante Ashland Community Hospital; Debra Flickinger, coordinator of quality control at Asante Three Rivers; and Nicki Boehm, occupational therapist at Asante Physician Partners.

Asante News is published every Tuesday. Deadline for submission of articles is every Friday. Send via e-mail to [asantenews@asante.org](mailto:asantenews@asante.org).  
Question or suggestions: Call Communications and Marketing at (541) 789-3510 or extension 13510.