

FIT 4 *running*



Do you want to?

- **Run injury free** – are there any biomechanical limitations that may be holding you back?
- **Improve your technique** - whether you are an experienced or a beginner runner
- **Manage preventable running conditions** - Achilles tendinitis; hip pain; Runner's knee (anterior knee pain); shin splints
- **Keep on running** - regardless of your age

Did you know?

- Overuse injuries as a result of training errors are more common than acute injuries
- Up to 70% of recreational and competitive runners sustain overuse injuries during any 12-month period
- Learning how to “train smart” can keep you off the injury list and maintain you as a life long runner

Call us on **07 5443 6634** for more information

'Fit 4 Running' delivers:

- Early detection on the cause of your aches and pains
- Prevention of injury through development of an individualised strengthening and flexibility program
- The inspiration to re-invigorate your enjoyment and motivation to keep running
- Guidance to help you achieve your running or competition goals

What is 'Fit 4 Running'?

'Fit 4 Running' is a 4 stage running specific program **tailored to your needs** by an experienced physiotherapist. You can choose to participate in individual stages only, or the complete package for the best value.

Stage 1 - Biomechanical assessment: Assessing the range of motion of joints, muscle strength and flexibility, co-ordination and balance that are essential for an efficient running style

Stage 2 - Treatment: Utilising Soft Tissue Release and other physiotherapy modalities to improve your areas of restriction or tightness. Self management of your targeted areas through a home based exercise program

Stage 3 - Running Technique assessment: Video analysis of your running style including assessment and drills for correction of technique

Stage 4 - Tailored Training program: Designed for your individual running goals. Programs provide structured variations, including speed, cardiovascular efforts, technique and endurance work

