

THE RUNNING INJURY

PREVENTION & PERFORMANCE PROGRAM

This program is designed to help recreational runners achieve their running goals by giving them the tools and support needed to improve running performance and minimise time off running due to injury.

The program itself takes place over 12 weeks; sessions involve individualised testing, developing and implementing a progressive running-specific gym program (based off your testing results), along with the development of an individualised load managements/running plan which will be based off your specific running goals.

WHAT'S INVOLVED?

- 01** 1 x Extended Physiotherapy consult per week for 12 weeks.
- 02** A testing session at the start and end of the 12 weeks, designed to guide your individualised strengthening program. Testing involves utilisation of the VALD force decks to collect accurate strength assessment data (testing important metrics for running such as lower limb strength & function).
- 03** Physio consults will involve gym-based strengthening coached by your Physiotherapist. These sessions will be individually tailored to you based on your testing results and goals, and will involve the use of our fully-equipped gym space in clinic.
- 04** Developing an individualised load management/running plan to perform throughout the 12 weeks, this will be based off your specific running goals, testing results and running history.
- 05** Education packages for running performance and injury performance.
- 06** Additional gym membership available as needed.

WHO'S IT FOR?



Any recreational runner with a running goal (regardless of your running history).



Runners preparing or planning to run in an upcoming half marathon or marathon.



Runners with niggles that are impacting their training.



Runners who are unsure if they are doing all they could be to improve their running performance.

NEXT STEPS



Get in contact for more information about the program on 02 8068 5158!

Program Investment:

- \$120.00/week or
- \$150/week with Gym & Recovery package included.
- Invoices can be provided for private health insurance claims upon request.