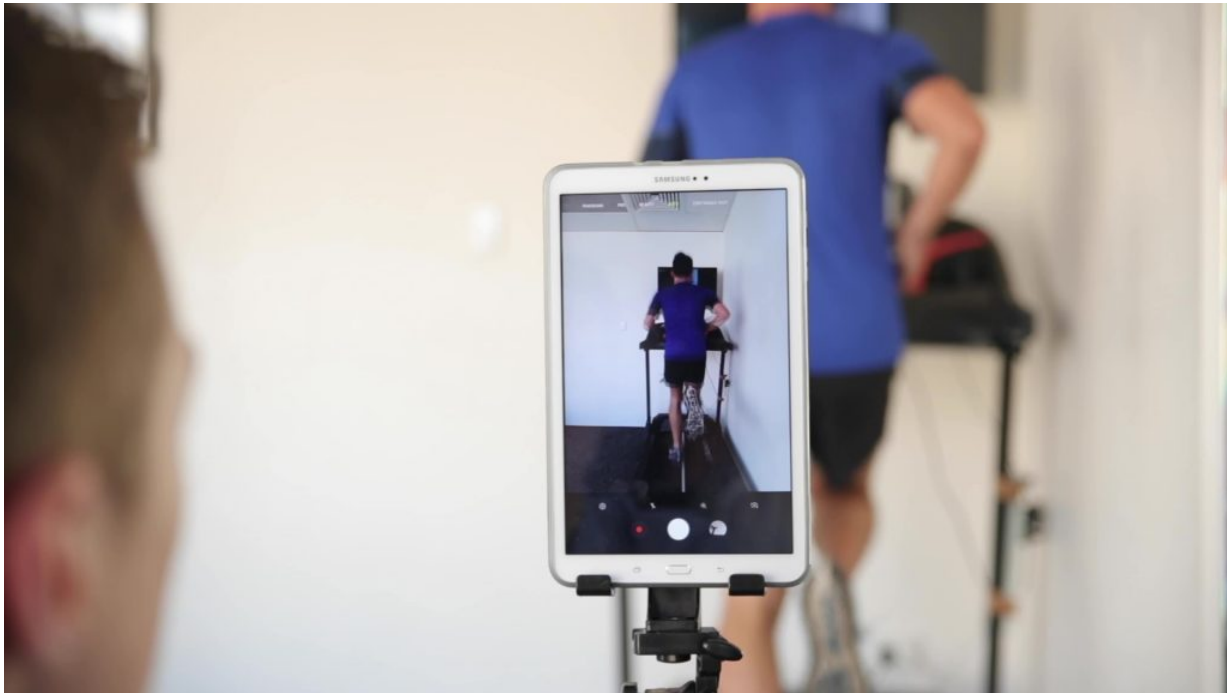




Book Now

Running long distances exerts large forces on the body, which can often lead to reduced time on the trails and roads due to injury. Running technique or gait is increasingly being seen as playing an important role in injury prevention, rehabilitation and running performance. By systematically retraining components of your running technique our trained physiotherapists can help prevent and rehabilitate those common running injuries such as patellofemoral pain, iliotibial band syndrome and stress fractures. Making small changes to your running technique can also create big differences in your running efficiency and help improve those race times.



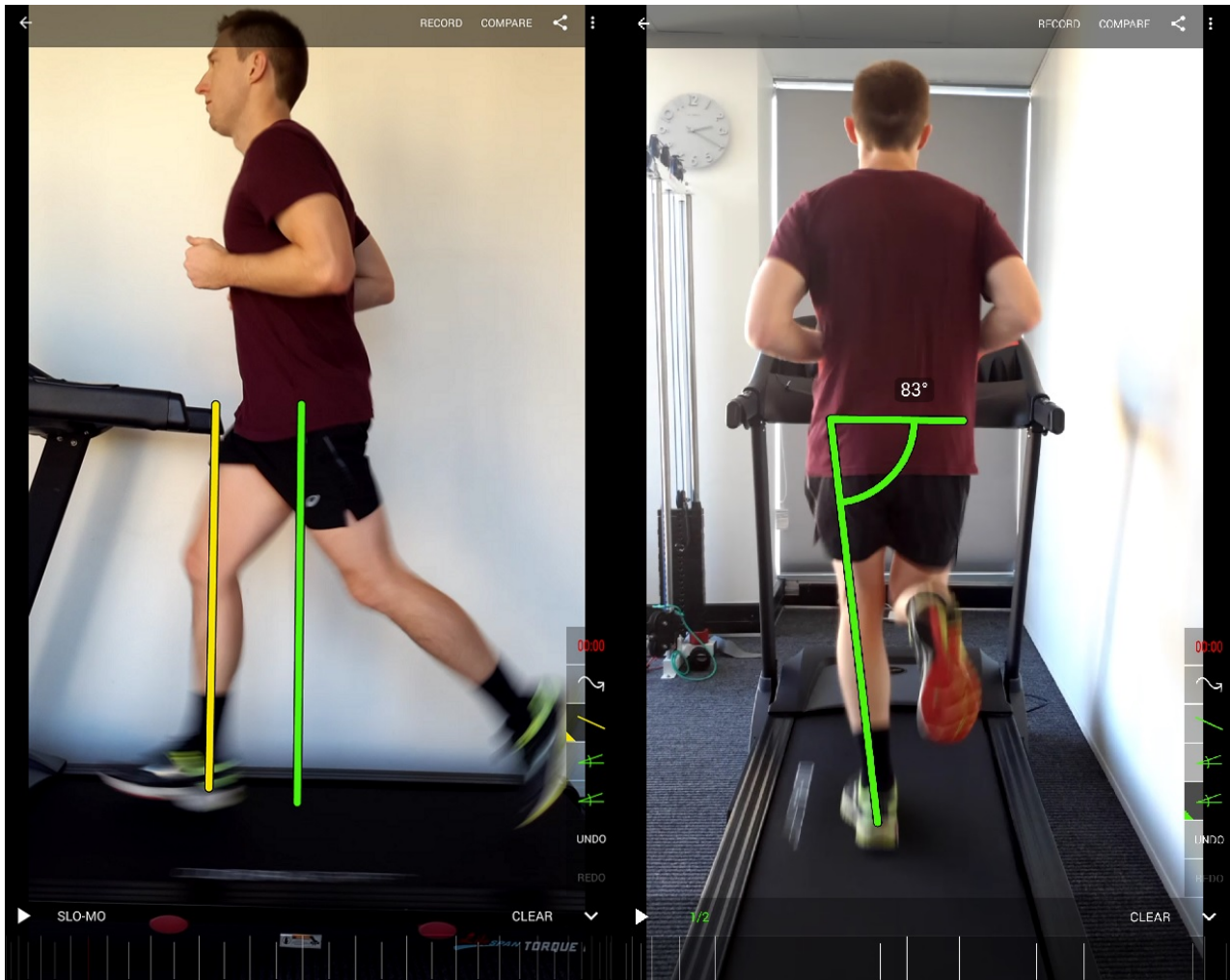
At In Balance Physiotherapy and Pilates our running assessments include:

- A detailed history-taking to assess training load, footwear, previous injury history and personalised running goals.
- A thorough musculoskeletal assessment to evaluate strength, flexibility and coordination.
- Video analysis of your running gait both before and after technique feedback.
- A comprehensive report analysing different components of your running technique with visual cues.
- A structured exercise program to target problem areas.

What to bring:

- Any relevant medical reports, X-rays or scans you have.
- Normal running attire.

- Any and all footwear you run in regularly.



At the completion of your running assessment, you should expect to be given advice on running drills, training structure and changes that you need to make to your running gait. In addition to this you will be provided with advice on any stretching and strength work that you should be undertaking to decrease your injury risk and to take your running to the next level.

By using a combined approach concentrating on both running technique retraining and building load tolerance through strengthening, we aim to bring out the best in both the weekend warrior and competitive runner alike.

Book Now



Call the practice today, make an appointment and get on your way to better health.