

**SPECIAL  
OFFER JUST  
FOR YOU!**

**Pay only \$580!**

PRESENTS

# INJURY PREVENTION: IT'S A MARATHON, NOT A SPRINT!

Are you a runner looking to reduce your injury risk? Want to build up your running safely or simply return to running after an injury? Then this program is for you!

This 6 week program is designed to teach you about the risk factors for running injury and how to reduce your risk all while providing an individualised assessment and program specifically tailored to you!

## WHAT IS INCLUDED!

5x in-clinic appointments at specific intervals throughout, that compliment what you are learning and an individualised program that is based on your needs and goals. Your running physio will guide you on the best approach while taking into consideration past injury history, current function and future goals.

**PLUS optional  
discounted stock  
package with  
equipment  
specific for your  
goals**

# YOUR EDUCATIONAL GUIDE TO ALL THINGS RELATED TO INJURY PREVENTION IN RUNNING!

Do you want to know a little more about how to minimise your risk of injury for running? Are you wanting to target specific factors that relate to running such as balance or strength? Then this program is for you!

During this program we will be covering:

- Injury rates and risk factors for injury in runners
- Warm-up components
- Thoracic mobility
- Cadence
- Proprioception (balance) and agility
- Foot biomechanics
- Foot strength and mobility
- Motor control
- Strength
- Hip mobility and more!

**SESSIONS START WHENEVER YOU LIKE**



## Meet Melissa!

Melissa has a passion for helping other people. She enjoys assisting her patients in relieving their pain, and supporting them to return to the movement they enjoy whether that be sport, gym-based exercises or yoga and dance, but has a particular passion for running. Melissa looks forward to assisting you with your running endeavours.

**To secure your spot or find out more information, give one of our friendly team a call on 4724 0768 or email us at [reception@physionorth.com.au](mailto:reception@physionorth.com.au)**

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*Live without pain!*