



**CADENCE PHYSIOTHERAPY**  
RUNNING COACHING AND ASSESSMENT

**Running Assessment**

The aim of the running assessment is to identify gait issues and provide individuals with the skills and strengthening plan to move forward with.

The assessment is broken into 2 parts:

<b>Assessment</b>	<b>feedback</b>
<b>What to expect</b> <ul style="list-style-type: none"><li>• Get to know each other.</li><li>• Musculoskeletal review and running technique assessment</li><li>• Assess fitness level if required</li><li>• Discuss expectations, goals, strengths and weaknesses.</li></ul>	<b>What to expect</b> <ul style="list-style-type: none"><li>• Feedback on musculoskeletal assessment, running technique, and fitness level.</li><li>• Revise and adjust running technique</li><li>• Provide strength conditioning exercises</li><li>• Discuss ongoing fitness coaching options as detailed below.</li></ul>

**Duration:** The consult will take approximately 1.5hrs and involve running so that I can assess fitness and gait. So be prepared to run!

**Where:** Cadence Physiotherapy Clinic  
6/23 Bentham Street Yarralumla

**Cost\*** \$200 \* Rebate available through private health funds