

PHYSIOTHERAPY FOR RUNNERS



*Novice to Expert;
Recreational to
Competitive*



Physiotherapy
Clinic



Our comprehensive running assessment is designed to:

- Improve your running form and efficiency
- Interpret existing running related injuries
- Prevent future running related injuries

By optimizing your running form and biomechanics (how you move), you will optimize energy with proper form and ultimately become faster, more efficient and reduce your chance of injury.

The running assessment includes:

- Performing a running analysis on a treadmill which allows you to see the quality of your running form, and with our support, note any biomechanical factors which can be improved to enhance your running efficiency and reduce excessive stress on joints, muscles and tissues.
- Low load / higher load stability and endurance testing for the lower back, pelvic region, and legs. This will show if weaknesses are present that can negatively influence your running mechanics, especially as you become fatigued.
- Flexibility testing of muscles that are high use and relevant in running. This identifies tight muscles that require stretching; a proper balance in flexibility of muscles around joints is required.

- A shoe and foot evaluation. Running shoes are evaluated by their wear pattern, fit, and control of motion. Alignment of the foot, leg, and pelvis is assessed to provide specific recommendation on the type of stability / cushioning shoe you should wear.
- Podiatrist available on site, if needed.

How can a running assessment help you?



- Prescribe specific exercises to improve the quality of your running form (known as motor patterning exercises).
- Prescribe exercises to improve your stability, strength, or endurance as indicated from the findings of the assessment.
- Discuss your current running shoes and the level of stability versus cushioning you require. Recommend a change of footwear if indicated by your foot structure and alignment.
- Prescribe a running schedule customized with your: desired running distances; specific types of runs you want to incorporate; and training progressions or goals you want to achieve.



Our running program is based on running research and utilizes evidence based practice.

The Physiotherapist is your partner in evaluating and restoring strength, endurance, movement and physical abilities affected by injury, disease or disability. We treat people of all ages.

Coverage

Physiotherapy services are reimbursed by most extended health insurance plans. Check with your provider for details on your individual coverage.

Facility

K. Chesney Physiotherapy Professional Corporation is operated as the Ayr Physiotherapy Clinic.

The Ayr Physiotherapy Clinic is a first contact, autonomous, client-focused health care facility. We comply with privacy legislation and promote this privacy with our individualized assessment and treatment rooms.

Free parking is available on site.



Visit our website at:
www.ayrphysiotherapy.com
or call our clinic at (519)632-8822

Ayr **Physiotherapy Clinic**

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