

# Running Repairs Course

## Comprehensive management of running related injury

This 2 day course aims to provide clinicians with the skills and knowledge required to assess and treat all common running injuries. There is a strong focus on practical solutions with real clinical value as well as thorough discussion of theory. Recent research will be integrated with clinical reasoning to provide an effective, evidence based approach.

By the end of the course the therapist should be able to;

- Understand the potential causes of running injury and be able to identify them in patients
- Appreciate the importance of injury prevention and our role within it
- Modify training volume, intensity and frequency to suit a client's needs
- Assess running gait and provide re-education where indicated
- Prescribe strength and conditioning programmes with a deeper understanding of how they effect pathology, pain and performance
- Integrate a depth of knowledge to treat tendinopathy, plantar fasciopathy, patellofemoral pain and other conditions commonly seen in runners.

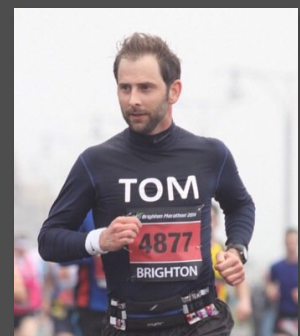
**Venue: Holy Cross Hospital, Haslemere, Surrey. GU27 1NQ**

**Date: October 17th & 18th 2015**

**Price: £240**

**Tutor: Tom Goom MCSP**

Tom is an experienced senior physiotherapist, keen runner and creator of **Running-Physio.com**. His work has gained a worldwide audience and been featured online in the British Journal of Sports Medicine, Running Fitness Magazine and Men's Running UK. Tom remains a full time clinician and believes in the importance of translating research findings into effective treatments for our patients. He is currently working on research into proximal hamstring tendinopathy that he hopes will be published later this year.



**Contact [e.carroll@holycross.org.uk](mailto:e.carroll@holycross.org.uk) to book your place**