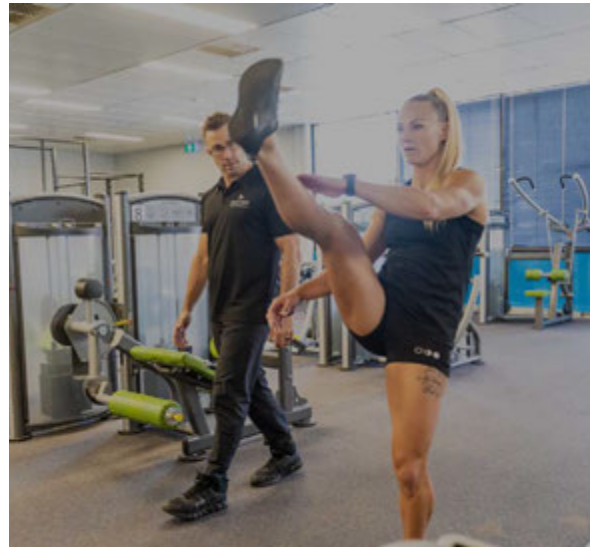




Back2Run Lab services the recreational runner who is trying to make better sense of their pain. Your experience with us is about finding proactive solutions to better managing injury. Being 'proactive' for us is about being able to provide all of the necessary tools and education to make the best informed decision moving forwards.

It is important for us to listen to your story, assess potential contributions to pain and place a well structured management plan in place. We want you to have better longevity as a runner with minimal hurdles along the way. Longevity for us is starting to think more about injury prevention rather than injury management so you are always ten steps ahead.

Injuries themselves are a normal part of life that we all experience at one point of time. Back2Run is an opportunity to embrace them, not fear them, and understand that every little hurdle we may face along the way, something positive is to come from it.



BACK 2 RUN SPORTS PHYSIOTHERAPY & FITNESS

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SPORTS PHYSIOTHERAPY
& RUNNING LAB



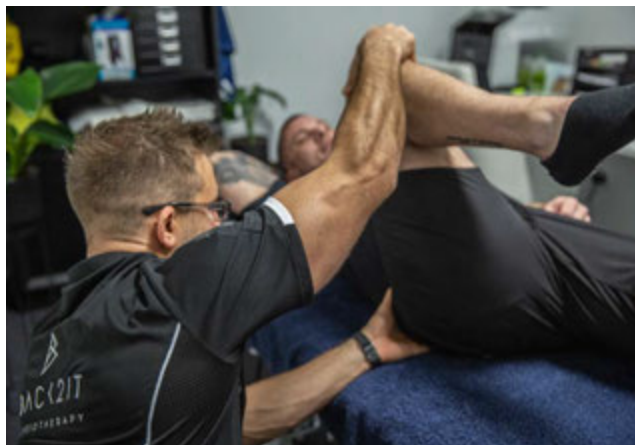


YOUR JOURNEY, OUR PASSION

Back2Run uses a systematic approach that takes into consideration the current physical and mental demands in your life and their interaction with your current running goals. We understand what running means to you, and will work with you closely to ensure you have the reassurance and guidance to get yourself to the finish line.

Your physiotherapist will assist with your weekly loads to ensure that running plans are well structured to minimise risks of further or future injury. Taking a client-centred approach ensures that we can negotiate a plan that satisfies the needs and requirements of both physiotherapist and runner!

80% of our runners keep running, which to us, sounds far more satisfying than simply being told to stop and rest.



SPORTS PHYSIOTHERAPY

A variety of manual therapy techniques (joint mobilisations, dry needling etc) can serve as a means of better managing pain and improving mobility as we strive to minimise vulnerabilities to running specific injuries. Tailored mobility exercises can accompany strength and conditioning programs to provide the necessary gains in functional strength required to fulfill the demands of running. Evidence-based functional testing ensures we are confident in our ability to find where the energy leaks are!



RUNNING ANALYSIS

There are many different running styles out there, and although some biomechanicals are risk factors for injury, it doesn't always mean that they will cause injury. Our slow motion video analysis seeks out to determine if any parts of your running technique correlate with the site of pain or injury you are presenting with. Subtle alterations in technique can produce instantaneous improvements in pain and running economy that can make all the difference between being told to simply rest, or getting back out there to do what you love.