RunSmart

An evidence-based approach to running injury

Sunday, September 4 | 8.45-5.00
South Australian Sports Institute (SASI)
27 Valetta Rd, Kidman Park SA 5025
COURSE OBJECTIVES

The ‘RunSmart’ course aims to provide clinicians with up-to-date, evidence-based knowledge on the treatment and prevention of running-related injuries, in runners of all levels.

Research and clinical reasoning will be integrated for participants to develop:

- A greater understanding of the major components of running technique; including common abnormalities contributing to injury
- An understanding of the implications of technique changes, and how to achieve them
- Evidence-based strategies for injury prevention
- Skills and knowledge in developing running-specific strength & conditioning programs
- Greater skills and knowledge in managing common running-related injuries

COURSE DETAILS

Sunday, September 4 2016
South Australian Sports Institute (SASI)
27 Valetta Rd, Kidman Park SA 5025

Presented by:
Mat Prior (APA Sports Physiotherapist, M. Sports Physio)
Kirsty Prior (B Physio, Cred McK Ther)

Mat & Kirsty are passionate runners, with extensive experience in running injury & biomechanics, and managing athletes at both recreational & elite levels.

Course cost:
$200 (early bird discount – register before July 16)
$225
Full catering provided

REGISTRATION

To secure your place, please submit registration fee, & email the following details to kirsty@smartstride.com.au:

Name:
Email:
Contact phone:
Dietary requirements:

Please transfer registration fees to the following account:
BSB: 06 5155   Account no.: 1014 3215   Account name: M B Prior
With your surname & ‘RunSmart’ as reference (eg SurnameRunSmart)