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How Running Mechanics
CAN HELP PREVENT
INJURIES and BOOST
PERFORMANCE

Are you a runner who has experienced pain, discomfort, or limitations in your performance? Running-related disorders are common among runners and can not only interfere with your training but can also significantly impact your overall quality of life. Fortunately, with the help of our integrated team at Foundation Physiotherapy & Wellness, you can identify risk factors, prevent injuries, and improve your running performance!

Running-related injuries are prevalent, affecting up to 80% of runners annually. Our team offers a running program to help prevent running injuries and improve efficiency. Our team will conduct an assessment that includes the following:

- 1h 30 min assessment with a physiotherapist
- In-depth assessment of your running shoes
- Functional running-specific strength and flexibility assessment
- Video-recorded running technique assessment and analysis on the treadmill (you will also receive the videos via email to look back on whenever you like)
- Specific intervention plan, running program and exercise program tailored to your needs
- 30 min follow-up sessions to make adjustments to your technique as you progress towards your running goals

Our Foundation Physiotherapy & Wellness team of physiotherapists, chiropractors and massage therapists can work on several aspects of your running needs to maximize your results!

Schedule your running assessment at Foundation. Take the first step towards injury prevention and improved performance!

How to Recognize Common Running-Related Risk Factors

Running is a popular form of exercise, but it can also lead to injuries if proper precautions are not taken. The good news is that most running-related injuries are preventable. Our team will assess to ensure you have proper running mechanics, appropriate footwear, and an effective training progression to help prevent injuries.

If you are experiencing running-related pain or discomfort, it is vital to seek an assessment by our specialists. We'll determine the underlying cause and appropriate treatment. Our full-body approach can help prevent injuries and promote proper form.

Overuse injuries, such as tendinitis and stress fractures, can result from repeating the same motion for an extended period. Training errors can also lead to injuries. Poor running mechanics, such as overstriding or excessive pronation, can stress the body and lead to injuries. Wearing inappropriate footwear, such as shoes that do not support the foot type or running style, can also increase the risk of injury.

Recognizing the early warning signs of running-related injuries and taking preventative measures can help reduce the risk of injury. These measures include proper warm-up and cool-down, gradual progression in training, proper running mechanics, and appropriate footwear.

Seeking prompt attention and a comprehensive running mechanics screening can help avoid unnecessary downtime.

What to Expect at Your Foundation Physiotherapy & Wellness Sessions

At Foundation Physiotherapy & Wellness, our physiotherapists, chiropractors, and massage therapists specialize in helping runners recover from injuries and prevent future ones. Our approach starts with a thorough evaluation that includes a history of your training schedule, medical history, and personal goals.

Our Foundation Physiotherapy & Wellness Running Program is designed to help prevent running injuries and improve running efficiency. The program includes a 1- and 30-minute assessment with a physiotherapist, assessing running shoes, functional strength, and flexibility, and video-recorded running technique assessment and analysis.

This program offers a specific intervention plan, running program, exercise program tailored to individual needs, and 30-minute follow-up sessions to adjust running technique.

Following the running consultation, you can visit your **physiotherapist** regularly for exercise progression and maintenance; our **chiropractors** for joint mobilization and manipulation to improve joint function and reduce pain; and our **massage therapists** to help reduce muscle tension and promote tissue healing.

Our programs also include specific instructions for at-home exercises and, when appropriate, a "return to run" progression to ensure a safe return to running. Our focus is not only on injury recovery but also on improved performance on race day.

We tailor our therapy interventions to your individual needs and work with you to challenge your balance, coordination, and agility to reduce the risk of future injuries. Our goal is to provide you with the tools to successfully train your core, reduce your risk of future injuries, and enjoy the benefits of running!

Request an Appointment Today!

Proper running mechanics are essential to preventing running-related injuries and improving performance. Our full-body approach with the integrated team of specialists at Foundation Physiotherapy & Wellness helps runners enjoy the benefits of running. We'll work to help you increase running efficiency, prevent injuries, and achieve your running goals.

Contact us today to schedule your running mechanics assessment and to work with our integrated team of healthcare professionals!

Sources: <https://journals.sagepub.com/doi/abs/10.1177/10363546518773755>; <https://www.sciencedirect.com/science/article/abs/pii/S0966636218316758>; <https://www.sciencedirect.com/science/article/abs/pii/S1440244018301798>; <https://journals.sagepub.com/doi/full/10.1177/10363546518793657>; <https://bjsm.bmj.com/content/52/10/659.abstract>; <https://bjsm.bmj.com/content/48/11/871>

The Foundation Journey to Living Better

Step 3: The Relationship

The most important step of all! Relationships take commitment. None of us want to waste the work and time both yourself and your clinician have put in during the initial visit and developing the treatment plan.

On your side, staying committed to the treatment plan means attending your sessions and openly communicating about your progress. Being open about your progress and your resources allow us to change the plan if we need to.

On our side, our clinicians and client experience team will help you make your appointments, prevent you from dropping off and helping you reach success!

Your journey at Foundation is a relationship and commitment for lifelong improvement. We understand there may be reasons you may not be able to commit or complete. We are committed to working with you to provide solutions for your success.



**Move Better.
Feel Better.
Live Better.**

foundationphysio.com/loyalty-program



THE FOUNDATION LOYALTY PROGRAM

EARN

Earn 1 point for every \$1 spent at any Foundation location (certain exemptions apply)



REVIEW

Share your experience online with a Google Review and we will add **100** more points to your profile!



REFER

Refer someone new to Foundation and we will add **300 points**. Make sure that person names you on their intake!



ENJOY

Once you reach 900 points, you will earn a free massage session at any of our clinics!



GIVE

OR Give that massage session to a friend, coworker or family member! (new clients only)

CHECK YOUR POINTS BALANCE ANYTIME ON THE PORTAL

CLIENT SUCCESS STORY

"Foundation Physio is a professional and well-organized provider, with great options to book appointments online.

Bryan, who I saw, has immense knowledge about the body/mechanics and ways to rehab it. He communicated in a way that I understood. He also focused on ways to incorporate required rehab exercises into daily life, which makes the therapy much more effective. I am ready to run a half-marathon now (knock on wood)."

— Sean K.

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STAFF SPOTLIGHT

BRYAN HAGUE PT, BSCKIN, MSCPT
Registered Physiotherapist, Running Consultant



Hey, I'm Bryan! I'm one of the physios and running consultants at our Corktown location!

I am passionate about helping people achieve their goals and get back to living the life they want to live. When not at work, you could find me on the ski slopes, playing ultimate frisbee or golfing. I love to learn new things about different people's perspectives, self development, and the human body. Whether that's overcoming an injury, dealing with a nagging discomfort or working on exercises to become stronger, it would be my pleasure to help you along your journey.

BOOK AT CORKTOWN

AT-HOME EXERCISE

CLAMSHELL

Strong Glutes Make Strong Runners

Lie on your side with a band around your knees as shown. Without rotating your hips or pelvis, raise the top knee as shown. You should feel 'the work' in your glute (bum) muscles. Hold for 5 seconds. Repeat 10 - 15 times.

This is a great exercise to do before a run. Make the resistance stronger to prepare for those longer runs!

