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Running rehabilitation, technique and performance: a practical application

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A presentation to explore the most up to date research related to running rehabilitation and technique. This presentation explores what we currently know about running injuries, current rehabilitation and the relatively new thinking of technique management in the prevention and rehabilitation. Exploration around foot strike, cadence and adaption of technique in relation to preventing injury will be explored all in line with current evidence base from sources such as *B*, *J*, *M*, *P*, *M*, *J*, *M*. Many physiotherapists in musculoskeletal outpatient setting do not look at running style/technique as part of their assessment. Within this presentation we will look at simple ways to assess running technique and a portable technology to facilitate our assessment. While applying what the current evidence base says in relation to clinical practice. Practical examples will be given from clinical practice here in Dubai, using a variety of videos and still frames analyzed to show objective outcomes. Content exploring chronic on acute workloads will also feature as this can be an essential component when deciphering causation of injury and/or return to running. The presentation aims to give delegates ideas and principles that can be applied safely and easily within the clinical setting, while being based on latest evidence in the field of sports medicine in relation to running rehabilitation.

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