

PHYSIO4ALL

revitalise – bounce – be healthy

[Join our PHYSIO4ALL Run Club for only \\$17 per day!](#)

Poor running technique can lead to injury if they are not picked up early

Running is a sport of passion; why else would we torture our bodies with miles of punishment every day? Running injuries are an unfortunate, but all too common, occurrence. Many recreational runners are placing undue strain on their bodies, as well as compromising their speed, by using the wrong technique. They don't use the necessary body parts efficiently so when they are supposed to be enjoying themselves they are instead suffering pain. Most joggers and runners are biomechanically inefficient because their running technique is poor. As a consequence, many overuse injuries will present themselves and inhibit progressive results in your training. The key to prevent these niggling injuries is systematic progression to training and preparation, optimal running technique and musculoskeletal health, adequate nutrition and equipment for performance.

Running well and running fast is a skill, not something you were born with. And just like any other skill it can be taught.

What's the PHYSIO4ALL Run Club all about?

The *PHYSIO4ALL Run Club* program is made up of training protocols designed to introduce you to running as a means to keep you fit and/or optimize your current running program to reach your specific goals. This training system is designed by our expert physiotherapists therefore it is based on the latest research into preparation and progression of speed and distance, albeit by reducing the risk of overuse type injuries. This exercise program is suitable for the individual who enjoys running and exercising in the great outdoors or who would like to kick start running as exercise. We understand that each of our clients is different, with unique goals and lifestyles. Whether an elite athlete, or simply looking to improve your fitness and health, achieving your objectives requires a flexible approach.



PHYSIO4ALL sports physiotherapists will dedicate their time and energy in guiding you through your training and running program on a weekly basis for the 4 month period leading up to the CITY2SURF event on the 8th of August, 2010.

Please be advised that club members are **not obliged** to partake in the City2Surf event. This program is suitable for beginners, intermediate and even advanced runners.

Shop No. P16, NorthPoint, 100 Miller St. North Sydney. NSW – 2060

T – (02) 99222212 F – (02) 99225577 W: www.physio4all.com.au E: info@physio4all.com.au

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What does membership to the *PHYSIO4ALL Run Club* include?

- **Close professional supervision and comprehensive training** with highly qualified sports physiotherapists
- **The one and a half hour application of Video analysis** of your running Biomechanics and Movement patterns to assist you in identifying any weaknesses and the underlying causes for abnormalities in running, walking, sprinting and motor control, including video documentation of your running gait and advice on improving your running biomechanics, running shoes and the possible use of orthotics if indicated.
- **A half hour postural analysis and assessment** using high definition software
- **Customized Running Program** designed to progressively and safely improve your running performance and efficiency
- **16 x 1hr weekly runs** with the physiotherapist to help you slowly build your running endurance and instruct you on safe and appropriate warm-up and cool-down procedures (to be confirmed)
- **Two half hour 1-1 Clinical Pilates sessions** aimed at designing a specific conditioning program to address your strengths and weaknesses
- **32 half hour Group Pilates and motor retraining classes** under the guidance of our physiotherapists to optimize your running mechanics
- **One Free Orthotic fitting** as required upon the recommendation from our physiotherapist to the value of **\$75.00**.
- **Free four-month supply of Ultra Muscleze Magnesium** to the value of **\$140**
- **Free PHYSIO4ALL spinal Backblock** to help with decompression of your spine whilst training to the value of **\$20**.
- **Free PHYSIO4ALL T-shirt and sweat towel** (can be used on the day of the City2Surf event or for personal use) to the value of **\$35**.
- Once you have become a PHYSIO4ALL Running Club member, you will receive a **discounted rate of 10% on all services and products** at PHYSIO4ALL.



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Why become a member of the *PHYSIO4ALL Run Club*?

- Interact with highly qualified sports physiotherapists to reach your goals
- Expert advice, guidance and motivation to achieve results
- Personalized approach to your running program
- Thorough musculoskeletal assessment and management of performance barriers at a reduced cost on a regular week by week basis
- Evidence based movement re-training programs to optimize your running mechanics
- Improve your core strength
- Improve your flexibility
- Improve your cardiovascular health
- Reduce the risks of Type 2 diabetes
- Learn how best to warm-up and cool down
- Learn about running related injuries and how to prevent them
- Access to high quality nutritional products to improve health and performance
- Learn proper hydration strategies for optimal running and sport performance
- Easy payment options
- Health fund rebates may apply upon membership



For all the corporate organizations, the *PHYSIO4ALL Run Club* can be a great breakout session for staff;

- Sponsor your staff or form a corporate company group and run the famous Sydney City2Surf using the professional and expert assistance from the PHYSIO4ALL physiotherapists.
- The *PHYSIO4ALL Run Club* program is an outstanding addition to your employee benefit program.
- A great OH&S initiative to maximize employee health and work performance
- Opportunity to apply your logo on the PHYSIO4ALL T-shirt and/or towel, and make your organization stand out during one of the biggest fun runs of the year!

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Program details

Start date: The first run will take place on **Monday, 19th of April, 2010 at 12pm.**

All weekly runs will follow on a once a week basis, every Monday at 12pm.

The last weekly run will be on Monday, 2nd of August, 2010.

Prior to starting the program, all members will undergo a thorough video analysis session. All biomechanical weaknesses will be identified and a customized strengthening program will be designed.

In between your weekly runs, you will be asked to attend 2 group motor retraining/Clinical Pilates sessions per week where you will be guided through a specific functional retraining program addressing all underlying causes identified during your video assessment.

Members of the *PHYSIO4ALL Run Club* will be eligible to receive a 15% discount on all additional physiotherapy services if deemed necessary.

A review session will be scheduled at 2 months, to re-evaluate and make necessary changes to your current program.

At the end of the 4 month period, all PHYSIO4ALL Run Club members will be cordially invited for dinner and drinks to celebrate their achievements (Venue to be confirmed).

Please note that running the City2Surf will be of choice and is not an obligation to join this prestigious club. This membership is open to all active and non-active individuals who would like to improve their health with outmost motivation and clinical guidance.

To Register:

- Simply refer to our registration and credit card authorization forms where different payment options are at your disposition.
- A participant and waiver form will also be included and is part of the application process.

For More Information:

- Please contact our friendly staff if you require any additional information regarding the *PHYSIO4ALL Run Club* or require any further assistance to register.
- You can also attend to one of our short evening seminars held at the PHYSIO4ALL practice on Tuesday the 6th and 13th of April, 2010 at 5:30pm where we will be presenting the *PHYSIO4ALL Run Club* program in more detail. During this informative seminar, you will also learn more about running injuries and how best to treat and prevent them.

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PHYSIO4ALL RUNNING CLUB REGISTRATION FORM

PHYSIO4ALL IS COMMITTED TO SAFETY FIRST AND WOULD APPRECIATE THE HONESTY OF ALL CLIENTS WITH REGARDS TO THE QUESTIONNAIRE.

PHYSIO4ALL IS ALSO COMMITTED TO PRESERVING AND RESPECTING YOUR PRIVACY AND COMPLYING WITH THE AUSTRALIAN PRIVACY ACT 1988.

If you find some of the answers to the above questions require a level of confidentiality, please forward the answers to us at info@physio4all.com.au.

PATIENT DETAILS

Surname: _____

First name: _____

Postal address: _____

_____ P/Code: _____

Phone: (W) _____ (H) _____ (M) _____

E-mail: _____

Occupation: _____

Date of birth: _____ Sex: _____

Are you planning on running the City2Surf on Sunday, 8th of August, 2010? YES NO

CLINICAL HISTORY

Any **CURRENT/PAST** neck, midback or low back pain? YES NO

Please specify (if yes) _____

Any **CURRENT/PAST** upper or lower extremity injuries? YES NO

Please specify (if yes) _____

Any medical conditions? YES NO

Please specify (if yes) _____

INDEMNITY

THIS DOCUMENT DOES NOT REMOVE THE STATUTORY OBLIGATIONS OF PHYSIO4ALL NOR SEEK TO EXCLUDE LITIGATION FOR GROSS NEGLIGENCE. THE INTENT OF THIS DOCUMENT IS TO ENTER INTO AN AGREEMENT BETWEEN THE PARTICIPANT OR THEIR PARENT/GUARDIAN AND PHYSIO4ALL ACKNOWLEDGING THE RISKS ASSOCIATED WITH PARTICIPATION IN PHYSIO4ALL ACTIVITIES AND WHERE APPLICABLE, INCLUDES A VOLUNTARY ASSUMPTION OF RISK BY PARTICIPANTS, PARENTS AND LEGAL GUARDIANS.

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PARTICIPANT CONSENT, WAIVER AND RELEASE FROM LIABILITY:

I acknowledge that participating in activities sanctioned by PHYSIO4ALL involves a risk of personal injury to me and damage to property belonging to others and me. I knowingly and voluntarily agree to the terms and conditions outlined in this Waiver and Release from Liability.

IN EXCHANGE FOR BEING PERMITTED TO PARTICIPATE IN PHYSIO4ALL PROGRAMS, I AGREE TO THE FOLLOWING:

- a. I am in good health, have no physical conditions that affect my ability to participate in any sanctioned activity conducted by PHYSIO4ALL and have not been advised otherwise by a medical practitioner.
- b. I agree that I will immediately advise PHYSIO4ALL if I observe any unsafe condition with grounds, facilities or equipment.
- c. I assume all risks associated with my participation including without limitation the risk of any negligence or recklessness by other participants. I understand that there may be risks involved which are not known to me or to PHYSIO4ALL at this time or at the time of the activities in which I may participate, and agree to assume such unforeseeable risks.
- d. I agree to indemnify, defend and hold harmless PHYSIO4ALL and their employees, agents and volunteers from and against any claims, causes of action, damage, judgments, liabilities, fees (including legal fees), costs and expenses incurred by PHYSIO4ALL as a result of my unlawful actions or failure to act during any activity.

This Waiver is a legally binding agreement and will be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. Any provisions found to be unenforceable shall not affect the validity of enforceability of any other provisions, which may be modified by a court having jurisdiction.

PHYSIO4ALL will not reimburse members who are unable to sustain the full quantity of programmed exercise class. Specific cases with external complications will be looked at case by case.

I have read this document and I understand that by signing below, I have given up substantial rights, I have voluntarily signed this release, without any duress or undue pressure from PHYSIO4ALL.

PROGRAM CONDITIONS:

PHYSIO4ALL'S Running Club program will take place over a 4 month period commencing on the 19/04/2010 and ending on 06/08/2010. The program is to be paid for in full prior to the end date of the program (06/08/2010) regardless of what payment option is chosen on the Credit card authorisation form provided. The first monthly or fortnightly payment will be debited on the commencement date, 19/04/2010. At the end of the program, PHYSIO4ALL will provide all clients with an itemised invoice for their Health Funds. Missed sessions are non-refundable and cannot roll over into credits to any future programs. Separate physiotherapy sessions are not included in the Running Club service package although Running Club members are eligible to a 10% discounted rate on regular consultations from the start to the end date of the program as indicated. All running sessions will go ahead on the scheduled dates and times regardless of the weather. If the weather is not conducive to the outdoor run session, we will reschedule the session within the same week. You will be provided an early notice if a cancellation will take place.

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I acknowledge that the above information provided is accurate and true.

PARENT/GUARDIAN SIGNATURE FOR MINORS (UNDER 18 YEARS OLD)

As a parent or guardian of a participant in a sanctioned activity of PHYSIO4ALL, I agree to the terms and conditions contained this Agreement, and I assume responsibility for the actions or inaction of the participant (Sign for participant).

SIGNATURE: _____ DATE: _____

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FACSIMILE HEADER

TO: _____

FAX: _____

DATE: __ / __ / 2010

Credit Card Authorization Form

I, _____ authorize PHYSIO4ALL to debit my credit card for the amount of (please tick appropriate box):

- \$1899 (full upfront payment)
- \$475 (monthly payment from April 19th 2010- July 19th 2010)
- \$237.50 (fortnightly payment from April 19th 2010- July 26th 2010)

for the PHYSIO4ALL Running Club program starting on the 19th April, 2010

Credit Card Details:

- MasterCard
- Visa
- AMEX

Name on credit card: _____

Credit Card number: _____

CVC No: _____

Expiry date: __ / __

Sign: _____

Date: __ / __ / 2010

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