



## Detailed information

The following sections provide detailed information about the Runners PIP and relates to both the complete and essential versions.

### How is the Runners PIP assessment performed?

The assessment is performed by a physiotherapist with a specialism in running and running injuries. Detailed verbal/written information is obtained and then a physical examination and testing are performed. This includes a thorough evaluation of biomechanics, muscle imbalance, range of motion and muscle length testing (flexibility), joint stability, muscle strength, movement patterns, proprioception (joint position sense) and balance. The Runners PIP assessment also screens for the residual effects of previous injury as well as looking for early signs of all common running injuries.

Exercises can then be provided to target problem areas. A report and illustrated exercise sheet are provided. Because the Runners PIP assessment provides targeted information, specific individualised exercises can be provided to maximise the effect in the minimum of time (approximately 3-6 minutes per day in 2-3 sessions).

### What types of running injuries are screened for?

Injuries that last longer than a few days will often leave a subtle residual weakness, tightness or movement dysfunction. The Runners PIP looks for these subtle changes so that any problems can be addressed. There are only two basic categories of injury – traumatic and repetitive. A traumatic injury occurs immediately and is usually noticed at the time, for instance if you put your foot in a pothole and strain your ankle. A repetitive injury builds up over time and will be present in many cases long before the runner becomes aware of it (most running injuries fall into this category). The Runners PIP looks for the early signs of all common running injuries so that the problems can be addressed before they cause pain and affect running performance. Better still the problem can be dealt with much more rapidly as only minor damage will have occurred at this stage.

All common running injuries are screened for, such as;

- Runner's knee (patella femoral pain syndrome)
- Iliotibial band syndrome
- Plantar fasciitis
- Shin splints (anterior compartment syndrome, tibial stress syndrome)
- Patellar tendinitis
- Achilles tendinitis
- Gluteal injuries
- Stress fractures
- Low back injury
- Hamstring strain
- Forefoot pain (metatarsalgia)
- Calf injuries

- Bursitis
- Osteoarthritis
- Hip flexor problems (iliopsoas)
- Pelvic imbalance
- Ankle problems

### **Can the Runners PIP help prevent traumatic injury?**

The Runners PIP can help reduce the incidence of traumatic injuries, to use the earlier example of an ankle strain, chronic ankle instability, muscle weakness, poor biomechanics and poor balance are all causative factors each of these factors are screened for and addressed by the Runners PIP and will minimise the risk of ankle strain on uneven ground, although you will still need the local council to fill those pot holes.

### **What is the Functional Health Score?**

The functional health score is a measure of your overall physical functional capacity based on the comprehensive range of tests performed. The optimal score is 100. The full battery of over 90 tests needs to be performed to generate a functional health score so a functional health score is only available for the Complete Runners PIP and Runners PIP add-on.

### **Why is there no video running analysis?**

A video running analysis can be used to assist in the choice of running equipment such as running shoes and orthotics. Video analysis can also be a useful aid in improving running style. In terms of equipment, runners of all levels need properly selected running shoes. For this reason I recommend that running shoes are bought from a dedicated running shop where expert advice and treadmill testing are available.

Running style is in part the symptom of other problems such as faulty biomechanics and muscle weakness, so trying to alter running style before completing the Runners PIP can be counter productive. A driving analogy can be used to clarify this. If you have a problem with your car's wheel alignment and it is pulling over to one side you will have to constantly steer over in the opposite direction to keep the car going straight. Looking forward you have two choices; keep steering the car over in the opposite direction long term which will require energy and effort on your part and will cause increased wear on your car, or go to the garage to have the problem (faulty wheel alignment) corrected.

The Runners PIP addresses the problems which cause a poor running style. Once these problems have been addressed running style will be improved and at this stage may be further enhanced by a professionally conducted running video analysis.

### **What to wear**

The lower back will need to be visible for a short period in order to evaluate spinal mechanics. The knees will need to be visible throughout. A range of motion tests will be conducted so tight clothing should be avoided and some moderately intense exercises will be performed. With these points in mind standard running gear or gym clothing is usually appropriate.

### **Preparing for the Runners PIP**

Do not run or perform any strenuous exercise on the day of the test. If you exercise the day before make sure it is an easy session. Wear appropriate clothing (see What to Wear above). I recommend that you bring some water with you. Please arrive around 10 minutes early as a medical questionnaire and runner's questionnaire will need to be completed. If you have information on your average and personal best running times it would be useful to bring this with you also.

### **Payment**

A card machine is not currently available so if payment has not already been made in advance cheque or cash will be required.

### **Follow up session/s and joining the 100 club**

Benefit will be derived from simply taking part in the Runners PIP assessment and following the recommendations but, to obtain the most benefit, at least one follow up is recommended. Depending on the nature and complexity of problems found, either a short 20 minute or standard 30 minute follow up will be recommended usually between two and six weeks later. Progress will be measured and exercises checked. The programme can then be progressed, modified or changed as necessary. Every improvement made will reduce injury risk and provide steps towards enhanced performance. The more problem areas you address the greater the injury protection and the more your performance will be enhanced. If a full range of tests are performed (either by completing or upgrading to the Complete Runners PIP) a runner's functional health score can be obtained, the optimal score being 100. Very few people will score 100 or more at the outset (less than 1%), but many people can obtain it through targeted effort.

### **Injury treatment**

During the Runners PIP assessment it may become clear that you are currently suffering from an injury which you may or may not have been aware of. In this case a course of treatment can be recommended.

### **MOT**

Now that your car's wheels are perfectly aligned it is a good idea to keep it in check with a regular MOT. Just like a car there can be a tendency for problems to accumulate over time so a follow up Runners PIP is recommended at about 1-2 yearly intervals.

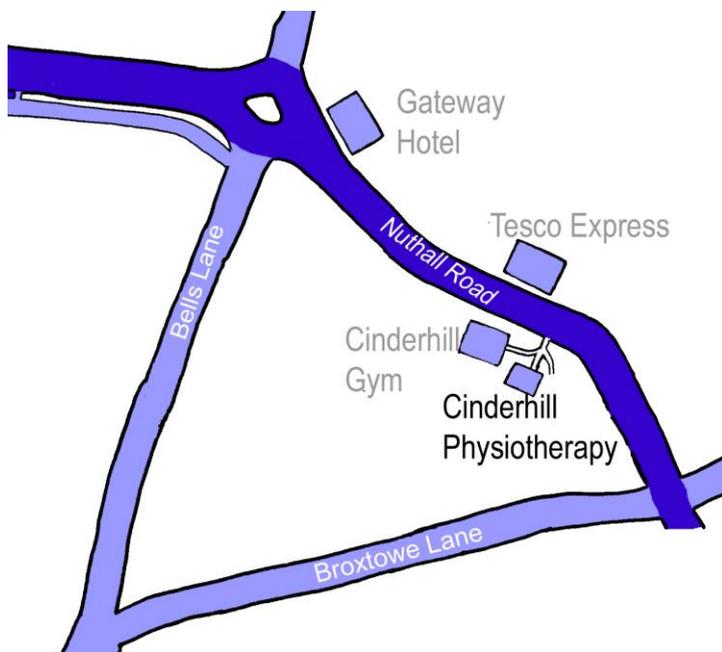
## Location and contact details

### Address

Cinderhill Physiotherapy & Sports Injuries Centre,  
Cinderhill Gym  
Nuthall Road  
Nottingham  
NG8 6AD

Tel: 0115 9784836

Email: [cinderhillphysio@gmail.com](mailto:cinderhillphysio@gmail.com)



### Buses/Tram

The Rainbow 1 Bus Stop is next to Cinderhill Gym. The 70 and 71 buses stop at Cinderhill Gateway Hotel, which is 5 minutes walk from the practice. The practice is 5-10 minutes walk from the Cinderhill Tram Stop.

### Motorway Side

The practice is less than 5 minutes drive from Junction 26 of the M1. Leave the motorway at Junction 26, follow the A610 to Nottingham, go straight on at Cinderhill Island, pass the Gateway Hotel on the left and after 400 metres (opposite the Tesco Express) turn right into Cinderhill Gym. The practice is to the left.

### City Centre Side

Follow Nuthall Road out towards the motorway. Pass Broxtowe Lane on your left. Go round the corner and take the left turn into Cinderhill Gym which is just past the new Iceland. The practice is on your left.