



The Real Running Course for Clinicians **COURSE**

DESCRIPTION

Course Date: Saturday September 19th, 2026

Course Location: Accel Health, 3711 Joseph Howe Drive, Unit 5, Halifax, NS B3L 4H8

Course Cost: \$650 includes 8hrs of online material (and handouts) in addition to the one day in-person lab

Link for registration: <https://www.realrunningcourse.com/the-real-running-course>

Unlock Your Potential as a Running Physio!

Since 2022, running has been on a meteoric rise, with last year's Toronto Waterfront Marathon drawing nearly **30,000 runners**. More runners on the road means more athletes seeking expert care for running-related injuries. **Are you ready to be the go-to practitioner in your community?**

Why This Matters:

Research shows that runners experience **better outcomes** and **higher satisfaction** when treated by practitioners with **advanced knowledge of running injuries (RRIs)**.

Understanding the unique mechanics and pathologies of running is **crucial** for building effective treatment plans and preventing re-injury during the high-risk **return-to-run phase**.

What This Course Delivers:

We give you a **proven framework** to organize your findings, eliminate guesswork, and create treatment plans that get your runners back on the pavement **faster and stronger**.

Our step-by-step approach guarantees that **no stone is left unturned**—from gait analysis and shoe recommendations to personalized coaching and return-to-run strategies.

Level Up Your Practice:

With a dedicated section on **Building Run Coaching Plans** and **exclusive patient resources**, you'll be equipped to confidently deliver:

- Professional **Gait Analyses**
- Tailored **Shoe Recommendations**
- Effective **Return-to-Run Plans** for every runner, every time

Become the Running Physio Everyone Talks About!

This isn't just a course - it's your chance to **build your brand, grow your patient base, and become the trusted Running Physio in your community.**

If you're going to take **one running course this year**, make it the one that transforms your practice.

Course Highlights Include:

In-Depth Running Analysis: Learn how to perform real-time treadmill assessments to identify potential issues in a runner's gait, economy, and movement patterns.

Running Pathologies: Discover evidence-based strategies to diagnose and treat common lower extremity injuries, including knee pain, shin splints, and stress fractures.

Coaching Basics: Gain insights into designing personalized training programs that optimize a runner's performance while minimizing the risk of overuse injuries.

Handouts and Resources: Gain access to patient handouts including a 5k plan, 10k plan, and guidance for how to run if you're injured.

Why Take Our Course:

- **Leaders in the Industry:** Our course is taught by seasoned physiotherapist who has worked with and trained clinicians at The Running Physio since 2016
- **Practical Approach:** We emphasize hands-on learning through case studies, practical sessions, and real-world scenarios to ensure you're fully prepared to handle the challenges of working with runners.

- **Personal Branding:** You can add “running physio” to your personal branding repertoire to increase your online and in-clinic presence and build your caseload
- **Runners are Awesome:** This population is motivated, active, and fun to work with - not to mention so rewarding when they are so grateful for your help crossing the finish line!

Spaces are limited, so don't miss out on this exceptional opportunity. For more information, course details, and registration, please visit www.realrunningcourse.com or reach out to us at lauren@realrunningcourse.com or ryan@realrunningcourse.com. Join us in shaping the future of physiotherapy in the running world. Let's make every stride count!