



PHYX YOUR RUN

RUN FASTER
RUN LONGER
+ PAIN FREE

YOU WILL LEARN

**WHAT IS GREAT ABOUT
YOUR RUNNING STYLE**

**WHAT MAY LEAD TO
POTENTIAL INJURY**

**POSSIBLE CAUSES OF PAIN
AND HOW TO STOP IT**

**FACTORS LIMITING SPEED
AND PERFORMANCE**

Running Assessment

PhyxMe Physiotherapy & Rehabilitation

Running is one of the simplest, easiest forms of exercise and is a sport in its own right. But running is not risk free. Injury incidence in runners is high with > 70% of runners experiencing some type of injury in their running lifetime.

A running assessment is ideal for

- people who experience pain during or after running
- runners with long standing injuries limiting performance
- triathletes wanting to improve their run leg
- those new to running who want to learn correct technique
- runners who can't break that time/distance/event barrier
- runners looking for guidance in a running program
- runners who keep getting injured

A PhyxMe running assessment involves a thorough physical assessment, comprehensive analysis of running style before and after changes, individualised running guide, strength/stretch program, ongoing review and support.

Enhance your run with Swiss-engineered performance running shoes from **On**.
Exclusive to PhyxMe.



Run on clouds.

To book your assessment | 4053 4343

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