JK therapy sports & injury clinic

BIOMECHANICAL RUNNING ASSESSMENT

Example findings and personal practice priorities

PUBLIC SAMPLE - ILLUSTRATIVE CASE

Adapted to show the structure and level of detail. No client identity or medical history is included.

Runner: Sample runner

Focus: posture, stride and rhythm

Main findings

The running video showed the foot reaching ahead of the body at contact. This was most noticeable when the example runner lengthened their stride.

Body position also changed during running. The example runner found it difficult to recognise the more upright position discussed during the session.

The focus of the coaching was to explore a shorter reach in front, a more consistent rhythm and a clearer sense of posture. These observations relate to the pace and conditions filmed.

Technique work completed

• Reviewed the running footage together, including the position of the foot at contact.

• Practised posture awareness away from the treadmill before returning to running.

• Used short rhythm drills and simple cues, then filmed the running again.

Main running cues

Run tall.

Take shorter steps.

Bring the knees forward.

Use the cues agreed during your session; this example is not a checklist for every runner.

Priorities for practice

1. Recognise the position

Use the posture exercise practised during the session. The selected reference excerpt is on the next page.

2. Keep the rhythm relaxed

Revisit the rhythm drill and the version demonstrated during your assessment.

3. Bring it back to running

Work on the agreed cue during short sections of easy running, rather than trying to change every part of your stride at once.

Videos and review

Use your personal running videos to revisit what we discussed. A follow-up can review your practice and adjust the next steps where useful.

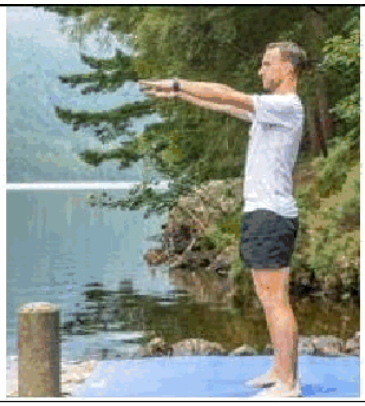
PUBLIC SAMPLE - ILLUSTRATIVE CASE

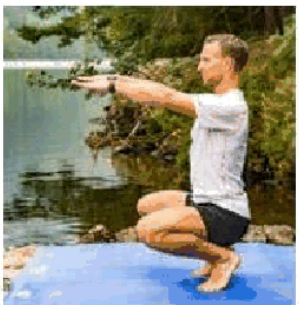
Adapted to show the structure and level of detail. No client identity or medical history is included.

POSTURE PRACTICE: POSTURE SQUAT

Purpose: recognise and practise the upright position explored during the session.

START





RETURN / LOWERED POSITION

Selected coaching reminders

Start with the version you practised

Stand upright with your arms forward, as demonstrated in your session.

Notice your body position

During the movement, use the mirror and the cues practised with Jason to recognise your posture.

Connect it to your running

The purpose is to help you recognise the position again when you return to easy running.

YOUR SELECTED VERSION MATTERS

Your full report includes the relevant exercise instructions and any suitable alternatives or progressions. The version, amount of practice and priorities are selected around your assessment.

This is a shortened public sample, not the complete exercise sheet or a personal exercise prescription.