

LUNCH TIME TALK

Running Injury & Recovery

Have you been wishing to run further and better without having to experience muscle fatigue or soreness or maybe you are experiencing some prolonged pain deterring you from train as before or perhaps you have sought medical treatment with no or little improvement. If you can identify with that then this session is for you as we will address these areas. So come make a date with us and get enlightened with sports therapy for runners.

1. 3 common running injuries symptoms and it's causes
Achilles Tendinitis, Plantar Fasciitis and IT Band Syndrome
2. Training and preparing for marathons
3. What is sports massage and how can it help with injuiri recovery?
4. Massage for self recovery treatment
5. Interactive session with question and answers

TARGET AUDIENCE

This interactive lunch talk is great for anyone who likes to learn identify with common running injury and safe effective ways to facilitate self recovery. This refreshing light afternoon session helps increase your knowledge and awareness on the best appropriate action to take.

BONUS

Our therapists will be available for 2 extended hours after the workshop to assist all participants with a complimentary 5min posture and pain check while they return to work.

WORKSHOP DETAILS

Time > 12.00pm to 1.00pm
(Time can be determined by company)

Fee > \$0



More about Sports Relief Therapy

Web : www.sportsrelief.sg



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