Brief Topic Guide for Running Retraining Interviews

1. Perceptions of evidence?
   - What conditions it works for?
   - What methods work?
   - Where do we need to head in the future?
2. What Conditions likely to benefit?
   - PFP
   - Compartment syndromes
   - MTSS (stress #)
   - Plantar fasciitis
   - Lower limb tendinopathies (AT, PT, Abductor, hamstring)
   - Other – Recurrent Calf strain
3. Clinical parameters to be changed
   - Hip (adduction/IR; extension)
   - Foot strike
   - Cadence
   - Overstriding
   - Hip extension
   - Knee motion during stance

4. Biomechanical changes expected and their importance
   - Joint stress
   - Muscle stress
   - Tendon stress
   - Bone stress
   - Ground reaction forces (loading rate, impact, etc.)
   - Muscle activation patterns

5. Number of sessions and time-frame needed to achieve change
6. Effective visual, verbal or auditory cues to facilitate desired changes
   - "land soft"
   - Visual imagery
   - Metronomes
   - Music
   - Biofeedback

- Mirrors, video etc.

7. Environment retraining should take place (e.g. treadmill, running track, other).
8. Do you have a specific running re-training program you implement?
9. Number of cues you would routinely provide to clients?
10. What effects ability of the individual to make the desired changes
11. How to measure/evaluate changes
    - Pain
    - Function
    - Muscle function
    - Motion analysis (video V lab)
    - Kinetics
12. Adjunctive interventions
    - Exercise
    - Stretching, strengthening etc.
    - Training drills (for purposes of skill acquisition, strengthening etc.)
    - Manual (massage, mobilisation)
    - Orthoses (foot, knee, hip)
    - Taping
    - Footwear
13. How long change will last (permanent V temporary)
14. Is there an ideal running pattern? If so in your opinion what is the ideal running pattern?
15. Any specific physical attributes or competencies you assess in your clients? Ie. Running screening.
16. Do you let your clients run in the presence of pain, and if so do you have guidelines to adhere to?
17. Can gait re-training directly influence performance?