



WELSH ATHLETICS  
ATHLETAU CYMRU



RHEDEG  
CYMRU  
RUN  
WALES

*LISTEN  
ENGAGE  
REPRESENT*

**Welsh Athletics and Run Wales  
National Conference  
Vale Resort, Hensol  
Saturday 19<sup>th</sup> October 2019**



WELSH ATHLETICS  
ATHLETAU CYMRU

***PARTNER PRESENTATION:  
SPORTS INJURY FIX***

**Tom Marshall**



**WELSH ATHLETICS**  
ATHLETAU CYMRU

***SPORTS  
INJURY* FIX**



**WELSH ATHLETICS**  
ATHLETAU CYMRU

# How Sports Injury Fix Can Help You

- Injury Advice For Athletes
- Find The Right Specialist For The Athletes Needs
- Guidance For Runners From Experts

# Injury Advice For Athletes

8TH JANUARY 2019

***HOW TO STAY INJURY FREE FOR YOUR FIRST 5K RUN***



8TH NOVEMBER 2018

***THE SPORTS INJURY FIX TOP 5 TIPS TO RUNNING INJURY FREE***



17TH SEPTEMBER 2018

***TEAM GB ULTRA MARATHON RUNNER ROBBIE BRITTON'S TIPS FOR STAYING INJURY FREE***



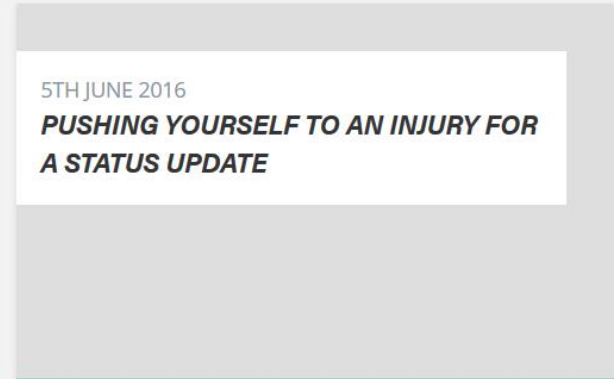
11TH SEPTEMBER 2018

***HOW TO STAY INJURY FREE ULTRA RUNNING: TIPS FROM TEAM GB ULTRA RUNNER DAN LAWSON***



5TH JUNE 2016

***PUSHING YOURSELF TO AN INJURY FOR A STATUS UPDATE***



# Find The Right Therapist For Your Athletes Needs

Filter

**LOCATION \***

Cardiff

**DISTANCE \*** 30 miles

**SERVICES**

Acupuncture  
Chiropractic  
Gait Analysis  
Osteopathy

**SPORT**

Running

**YOUR INJURY**

Ankle Pain

**HEALTH INSURANCE PROVIDER**

N/A

**KEYWORDS**

Separate with comma

**ASSOCIATIONS**

24 Results Returned

**SORT** Closest To Furthest



## Mumma Physio

No Reviews

**CARDIFF (LESS THAN 1 MILE AWAY)**

Mumma Physio combines the concepts of physiotherapy and pilates to produce a superior rehabilitation and injury prevention service. It specialises in pre and post natal and sport specific pilates and rehabilitation.

View Details

Mrs Joanna Perkins

**Sports:** Athletics, Basketball, Cycling, Rugby, Running

**Injuries:** Ankle Pain, Dislocated Shoulder, Hernia, Hip & groin...

# Guidance For Runners From Experts

3RD OCTOBER 2019

***HOW TO RECOVER FROM A HALF MARATHON***



30TH SEPTEMBER 2019

***EUROPEAN MASTERS ATHLETICS  
VENICE 2019 - A REPORT FROM ONE  
OF OUR OWN!***



3RD MAY 2019

***HOW TO RECOVER FROM A SPRING  
MARATHON***



12TH MARCH 2019

***HOW TO RETURN TO RUNNING SAFELY  
POST PARTUM***



6TH MARCH 2019

***UNDER PRESSURE - DEALING WITH THE  
STRESS OF FUNDRAISING FOR  
CHARITY***



## Contact Details:

[Tom.Marshall@sportsinjuryfix.com](mailto:Tom.Marshall@sportsinjuryfix.com)

07456010956

[www.sportsinjuryfix.com](http://www.sportsinjuryfix.com)

**SPORTS  
INJURY** **FIX**