1. What are your key findings from the running analysis and do they relate to this patient’s symptoms and injury history?
   * Overstride
   * Left dorsiflexion
   * Left arm trunk rotation
2. Is there a role for Gait re-training for this patient, based on your findings? (Yes or No)
   * Yes
3. What are your goals for gait re-training to reduce their symptoms and injury risk?
   * Overstride + dorsiflexion
4. How can you achieve this goal in this runner?
   * Cadans
   * Overstride
5. What are the potential barriers and how would you assess them?
   * Duration of re-training