1. What are your key findings from the running analysis and do they relate to this patient’s symptoms and injury history?

Mainly overextending the knee during initial contact  
Preferrably move more to midfoot contact

1. Is there a role for Gait re-training for this patient, based on your findings? (Yes or No)

Yes

1. What are your goals for gait re-training to reduce their symptoms and injury risk?

Midfoot contact  
Placement more underneath body

1. How can you achieve this goal in this runner?
   * Internal cues?
   * External cues? (Mirror, tape)
   * Visual, Auditory or Kinaesthetic cues?
   * Mobility or Running Drills?
2. What are the potential barriers and how would you assess them?