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# Learning Objectives

MedBridge

*Complete Runner: Physical Examination and Screen*

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## Course Objectives:

- Formulate a systematic physical movement exam using the “three-legged stool” evaluation categories for quantifying strength, length, and movement control
- Recognize the Running Readiness Scale its role in further specific examination
- Evaluate a runner’s physical capacity using a simple scoring system in the five key categories specific for running
- Create a biopsychosocial diagnosis and treatment plan by summarizing both the subjective history and physical exam in one complete narrative format