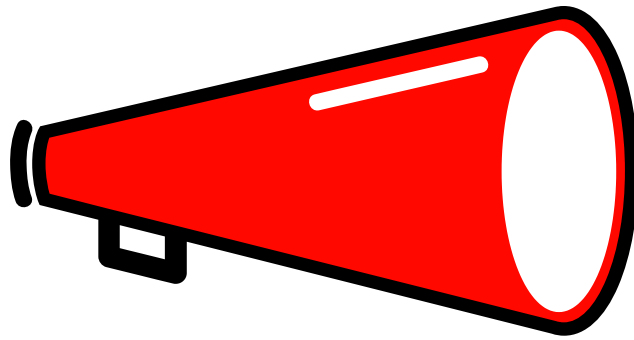




# Running Commentary Principles



- *Worksheet* -



## **2 Steps to Empowering Patients to Refer**

1. Don't talk about non-health matters
2. Use the 'running commentary' principles of communication.

### **Running Commentary 'Principles'**

- Talk about what you find, what it means and how you can help.
- Save the footy results for your mates at the next barbie.



## Script Example

*'So Mary, how long has this bump been on the top of your foot?'*

[Meanwhile you're gently moving all of the related joints to check their level of mobility when you notice a restriction at the base of the metatarsal.]

*'Does that feel tender there Mary?'*

[Mary responds with either a yes or a no ...]

*'I see, I ask because movement here is a little restricted and when that happens it often causes the forefoot to be less flexible. This can contribute to pains in the ball of the foot and even contribute to hammer toes, claw toes, bunions and even neuromas.'*

*'Have you ever had any pains or discomforts around here?'*

And Mary responds with:

*'No, I haven't but my husband often complains of tingling toes after he plays a round of golf. Can you help with that?'*

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