

Services Offered

1-on-1 Mentoring (8 week): \$450

- *90min initial assessment* – Review medical & running history, video gait analysis, movement & fitness assessment, footwear recommendations, discuss & plan client goals
- *Three 60min follow-up sessions* – session focus variable based upon client need.
- *Develop and deliver* -12 week individualized training program
- *Develop and teach* - Individual supplemental exercise program
- *1-on-1 running time* with Erik, your running mentor/coach and physical therapist

Tune ups / Booster Sessions: \$99

- 60 minute *running consultation*

Other Services Available:

1. *Education/Empowerment* – Learn training and injury prevention theory.
2. *Movement Screening/Injury Reduction* – Our therapists provide screening for teams / training groups
3. To learn more about our physical therapy approach and services, as well as other transitional performance and wellness programs, visit movementsystemspt.com

“Erik is a therapist with unique experiences that help him cater directly to the runner”

–Bennett Grimes

Erik S. Bies, DPT MS
Doctor of Physical Therapy
Master’s in Exercise Science
USATF Certified Coach



Erik specializes in orthopedic physical therapy and believes strongly in the concept of the unique individual experience. A former NCAA All-American middle-distance runner, coach, and specialty running store associate, Erik has dedicated the majority of his life to the sport of running. He has coached youth and adult novice runners, high school, and collegiate track and cross country runners. From a **performance** perspective, Erik takes pride in helping athletes peak for the race that matters most. From a **wellness** perspective, Erik believes that making running a keystone habit creates success in other aspects of life and facilitates longevity.

 [@ErikBiesDPT_MS](https://twitter.com/ErikBiesDPT_MS)

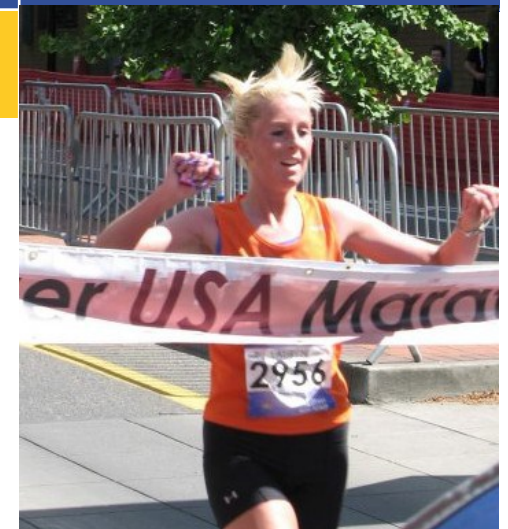
Blog: transformativerunning.com

Movement Systems Physical Therapy

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Transformative Running Project

1-on-1 running mentoring
Running consultation



movement systems
physical therapy

Transformative Running Project

1-on-1 mentorship program combining expertise in rehabilitation and training

Education = Awareness

Goals of TRP

- Consistent, *injury-free* running to promote wellness & improve performance
- *Transition* between injury and team or individual training.
- Body awareness, training by *feel*
- Awareness of *individual* biomechanical inefficiencies
- Comprehension of workout and recovery goals; development of *training confidence*
- Helping clients reach their running and health *goals*



creating transformative change in people's lives



“One thing that helped me personally grow as a runner was Erik’s ability to tailor training plans to my individual needs”

-Lauren Breihof (pictured on cover page)

What is the motivation behind the Transformative Running Project® (TRP)?

Inspired by the over-generalization of running related training and injury prevention information, Erik endeavors to provide an individualized experience for those looking for answers to their unique training questions. He prefers to coach and provide skilled intervention at the individual level relying upon assessment rather than conventional mythology and cookie cutter training programs. Experience as an athlete, coach, and specialty running store associate combined with the expertise of a physical therapist provides Erik with a unique blend of knowledge and skills related to clinical evaluation of pain and movement dysfunction with performance training for runners of all ages and skill levels.

Who can participate?

All ages and ability are welcome. Erik will cater to the wellness, fitness, and performance goals of the individual client.

Why choose TRP?

Finding an online training program is easy. Understanding your movement faults, learning to move efficiently, and knowing how workouts should feel is not.

TRP will teach you to move and train by tuning the mind into the body. Improving body awareness while running is a skill that requires practice combined with feedback by someone trusted with the knowledge of the human movement system and the experience of a seasoned runner and coach. Erik is the full package, physical therapist, runner, coach – he will truly transform your running.

“Erik Bies is an exceptional choice for anyone looking for revitalization in their body and passion for their running” – Sarah Crouch, professional runner