

INNOVATIVE PRACTICE AWARD SUBMISSION

Kate Mihvec Edwards PT, DPT, OCS
APTA #: 432252

kate@precisionpt.org
10568 Serenbe Lane Chatt Hills, GA 30268
Outpatient Orthopedic & Running Medicine
Innovation: RUNsource app



RUN
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AGENDA

- My Why
- Description of innovation
- Application of practice
- What makes in innovative & unique attributions
- Impact on profession
- Impact/Relevance of Practice Innovation to Patient Care/Treatment
- Outcomes of the Practice Innovation
- Training Required for Utilizing the Innovation
- Justify AOPT funding this Innovation
- Benefit(s)/Value to Clinical Practice



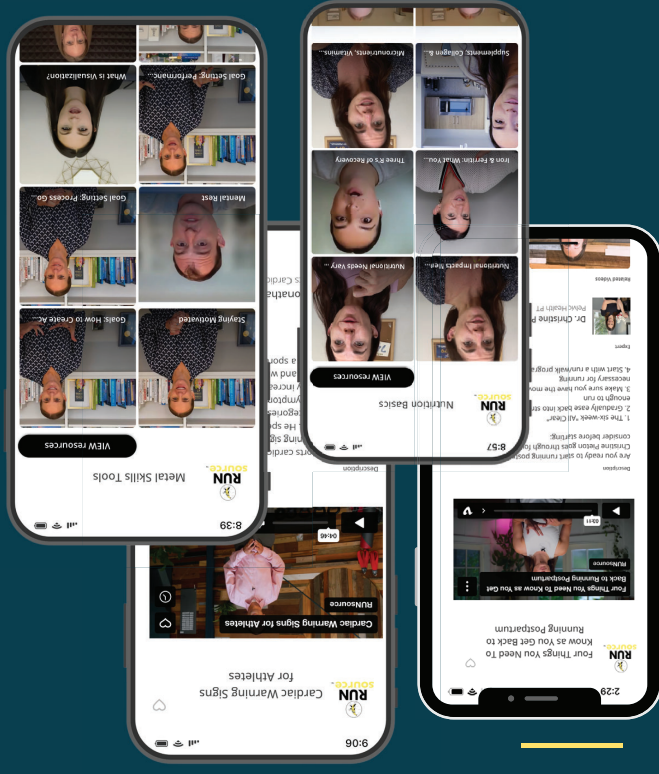
My Why

- I have created this RUNsource app because I saw a need that had to be filled
- It comes from my work helping to create and build the multidisciplinary team for the Atlanta Track Club Elite. We saw a team of overtraining athletes that had a low-moderate performance compared to their peers.
- In the four years since creating our multidisciplinary team we have seen injuries plummet, performance skyrocket and happier athletes.
- Most athletes don't have the resources, time or ability to seek this kind of care. I want this to be available to everyone.
- There is currently a lack of trust between runners and healthcare providers that needs to be repaired.
- There is so much misinformation spread in the media and on social media that need a sounding board.
- I have paid for everything out of my own pocket and convinced all of these experts to share their knowledge just because it is the right thing to do.

Description of Innovation

RUNsource isn't just another running app—it's a trusted knowledge hub for runners, combining multidisciplinary resources all in one place. It takes the patient experience, buy-in, and care to the next level.

- More than 50 experts and growing
- Across three countries
- More than 11 specialties, not including subspecialties, across running & performance
- HSA/FSA can cover it
- Inexpensive
- Prevention, recovery & performance



Application of Practice

Multidisciplinary and interdisciplinary approaches are effective, but they may also be overwhelming, costly, and difficult to access for patients especially in regions with limited resources.

Patient Resource and Education:

Clinicians can recommend that patients download the app to access expert-driven, research-informed information on running health and performance. This empowers patients to make informed decisions and better understand their recovery and training needs.

Filling Knowledge Gaps and Correcting Misinformation:

RUNsource provides a reliable source of information, helping clinicians and patients address common misconceptions about running mechanics, injury prevention, and performance. This supports evidence-based decision-making and reduces the spread of health misinformation.

Convenient, Inexpensive and Ongoing Support:

Patients can access expert content anytime, giving them the flexibility to reinforce what they've learned in PT sessions and apply it directly to their training. This resource is inexpensive and patients can use their HSA / FSA dollars.

Enhancing Clinical Practice:

The app serves as a valuable extension of a PT's practice, offering additional education and support outside of direct sessions. This allows for consistent reinforcement of treatment strategies and ongoing patient engagement. It also offers additional resources outside of a PT's scope.

What Makes RUNsource Innovative & Unique?

Short, research informed videos make information digestible and relatable

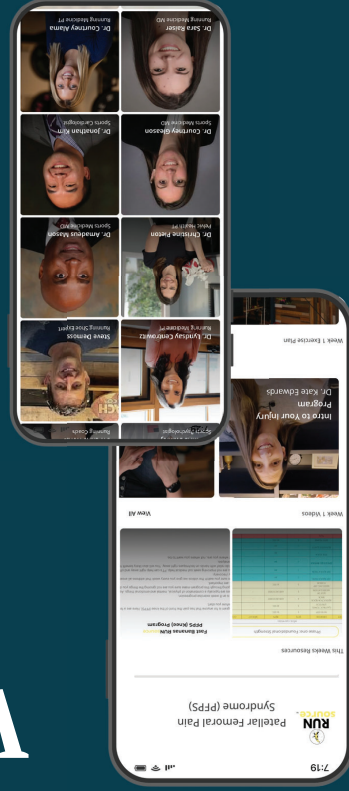
All of the experts created content without payment because they genuinely believe this resource is essential for practice. It reflects a true collaboration of professionals from diverse medical and performance backgrounds.

Integrated Approach to Running Health and Performance – It combines medical expertise with performance coaching, offering a holistic view of running that addresses injury prevention, rehabilitation, and performance optimization in one place



What Makes RUNsource Innovative & Unique?

- ✓ Evidence-Based Strategies – All recommendations and educational content are grounded in the latest research in sports medicine, biomechanics, and performance science, ensuring credibility and effectiveness.
- ✓ Integrated Approach to Running Health and Performance – It combines medical expertise with performance coaching, offering a holistic view of running that addresses injury prevention, rehabilitation, nutrition, mental health and performance optimization in one place.
- ✓ Community Support and Professional Trust – By involving multiple experts and encouraging collaboration, RUNsource builds trust within the running and healthcare communities, creating a reliable and supportive network for runners.

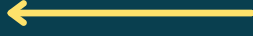


Impact on Profession

Only a small percentage of runners and athletes turn to a PT when injured, often relying instead on social media, coaches, and medical doctors.

PTs often emphasize the importance of nutrition, mental health, sleep, and overall wellness, but patients may struggle to retain it in the moment.

Solo Practitioners & PTs that primarily interact with only their profession



RUNsource reinforces the importance of PTs as movement and performance experts, helping to establish physical therapy as a critical component of a runner's training and recovery program.

Reinforces importance of holistic, wellness and comprehensive care outside of the clinic

Now have access to reliable multidisciplinary resources

Impact/Relevance of Practice Innovation to Patient Care/Treatment

Enhanced
Patient
Education &
Empowerment

Holistic &
Multidisciplinary
Approach

Bridging the Gap
Between
Sessions

Strengthened
Professional
Credibility



Impact/Relevance of Practice Innovation to Patient Care/Treatment

Early
Intervention &
Injury
Prevention

Consistency &
Reinforcement
of Treatment

Facilitates
Meaningful
Conversation



Outcomes of This Practice Innovation

- While the long-term outcomes for RUnSource are still unknown since it soft-launched in November 2024, it represents a groundbreaking shift in running-related care and education. Unlike other running apps that primarily focus on tracking metrics like mileage and gait, RUnSource is designed to fill the knowledge gap by offering comprehensive, multidisciplinary education in one place.
- The app combines insights from experts in physical therapy, sports medicine, nutrition, strength training, and mental health—something no other app currently offers.
- The goal is to empower runners with trusted, evidence-based information, improve injury prevention and performance, and enhance the overall patient-provider relationship through more informed conversations and personalized care.
- Over time, we anticipate that RUnSource will lead to better patient outcomes, increased adherence to training and recovery plans, and greater trust between runners and healthcare providers.

Outcomes of This Practice Innovation

- A study by Schnell et al. (2017) highlights that while many recreational runners use apps and sports watches for tracking performance and motivation, these tools lack educational content and expert guidance. This gap presents a key opportunity for RUnSource, which focuses entirely on providing expert-driven, personalized guidance, multidisciplinary education on running health and performance
- Education and Knowledge Enhancement:
- Runners using apps report higher levels of understanding about their training and performance.
 - Apps help bridge the gap in access to professional coaching and personalized feedback, especially for unorganized or less experienced runners.
- Potential for Personalization:
- The study highlights the need for apps to offer more tailored content and feedback to improve user experience and engagement.

Training

- There is no specific training required for anyone that can use a smart phone.
- Clinicians should download and utilize content on RUNsource prior to recommending to patients.

Justify AOPT funding this Innovation

1. **Advancing the PT Profession:** RUNsource positions physical therapists at the forefront of running health and performance by providing a trusted, evidence-based platform. It reinforces the role of PTs not only in injury rehabilitation but also in performance optimization and injury prevention—areas where PTs can expand their influence.
2. **Filling a Critical Gap in Runner Education:** Current running apps primarily focus on tracking metrics like pace and distance but lack expert-driven educational content. RUNsource addresses this gap by offering multidisciplinary guidance from PTs, sports medicine physicians, strength coaches, nutritionists, and mental health experts—all in one place. This makes high-quality, research-backed knowledge more accessible to runners.
3. **Enhancing Patient Outcomes and Engagement:** By educating runners on biomechanics, injury prevention, recovery strategies, and training principles, RUNsource empowers users to make informed decisions about their health and training. Improved understanding leads to better adherence to treatment plans, reduced injury rates, and enhanced long-term performance—key goals in physical therapy care.

Justify AOPT funding this Innovation

4. **Promoting Evidence-Based Practice and Professional Collaboration:** RUNsource integrates the latest research and clinical insights into a user-friendly format, promoting evidence-based practice among runners and clinicians. It also fosters interdisciplinary collaboration by connecting expertise from different fields, strengthening the role of PTs within the larger healthcare ecosystem.

5. **Addressing Accessibility and Health Equity:** Many runners lack access to high-quality PT care due to geographic, financial, or logistical barriers. RUNsource helps bridge this gap by providing expert knowledge directly to the user, regardless of location or healthcare access, thereby supporting more equitable care delivery.

6. **Potential for Professional Growth and Research:** The app creates opportunities for ongoing research into running health and injury prevention, providing a platform for collecting user data and feedback. This could support future studies on the effectiveness of PT-led educational interventions and the impact of knowledge-based apps on running-related injuries and performance.

Justify AOPT funding this Innovation

7. **Scalable and Sustainable Impact:** RUNsource has the potential to scale nationally and even globally, expanding its reach to diverse running communities. Its digital format allows for continuous updates and improvements, ensuring that the content remains current and evidence-based.

By supporting RUNsource, the AOPT would be investing in a platform that elevates the role of PTs in sports health and performance, enhances patient care and potential outcomes, and establishes physical therapy as a trusted source of expertise for the running community. This aligns with AOPT's mission to advance orthopaedic physical therapy and optimize musculoskeletal health. RUNsource reflects AOPT's commitment to leading with innovation, improving access to quality care, and supporting research and education in orthopaedic physical therapy.

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