

Running Performance Enhancement Program

What are the goals of the Running Performance Enhancement Program?

- Promote optimal balance, strength, flexibility, and technique in the runner.
- Educate the runner on proper shoe selection, training programs, and self-care skills.
- Facilitate longevity, enjoyment, and health in the sport of running.

The overriding goal of the Running Performance Enhancement Program is to foster education and independence in the self-care skills needed to maximize success and performance throughout the runner's life.

What are the steps in the Running Performance Enhancement Program?

- Examination of the muscles and joints involved throughout the running gait, including flexibility and strength of the lower extremity.
- Video camera analysis of individual running mechanics.
- Evaluation of foot type and selection of appropriate running shoes.
- Instruction in specific strengthening and stretching exercises to correct any imbalances identified in your running stride.
- Recommendations of running mechanics and training program.
- Review of runner's training program, technique, and overall goals.

What is the cost of the Running Performance Enhancement Program?

The initial session will include a running video analysis, review of training, and evaluation of muscle and joints involved. The session is \$75 and will take place at Northern Rehab. Each subsequent session is \$75 and can be held at Northern Rehab or at a local track or course of your choice to re-evaluate running progressions.

Several Northern Rehab physical therapists have specialized training to evaluate your running form and program. You can learn more about this program by speaking to your physical therapist, calling us at (815) 756-8524, or visiting our website at northernrehabpt.com to learn more!



www.northernrehabpt.com
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