Running Performance Enhancement Program

NORTHERN REHAB
PHYSICAL THERAPY
Specialists

You have a choice where to go for physical therapy!

Choose Northern Rehab!

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. This includes promoting optimal balance, strength, flexibility and technique; education on proper shoe selection, training programs, and self-care skills; and facilitate longevity, enjoyment, and health in the sport of running.

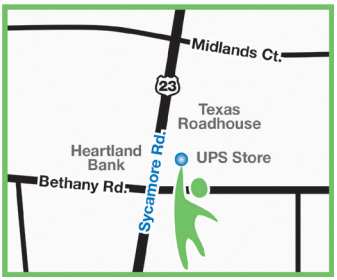
These steps include:

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

Cost for each session is $75 and will be conducted by a Northern Rehab Physical Therapist.

northernrehabpt.com
815-756-8524

See all of our convenient locations on the back of this card.



DeKalb

3266 Sycamore Rd.
DeKalb, IL 60115
Located at the corner of Bethany & Sycamore Roads, by the UPS Store

Phone 815-756-8524
Fax 815-756-1841

DeKalb

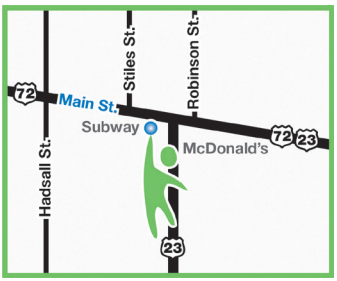
232 West Lincoln Hwy.
DeKalb, IL 60115
Located between the Kishwaukee River and Hickey's Marathon

Phone 815-756-2369
Fax 815-758-6985

Rochelle

1211 Currency Ct.
Rochelle, IL 61068
Holcomb Bank Professional Park Located between Dunkin' Donuts and Holcomb Bank

Phone 815-562-3299
Fax 815-562-6877



Genoa

540 East Main St.
Genoa, IL 60135
Genoa Shopping Center At the corner of Routes 23 & 72, across from McDonald's

Phone 815-784-6417
Fax 815-784-3178

northernrehabpt.com

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