

What we need from you...



1. Prepare to complete a brief runner's demographic and history form.
2. Wear running attire (shorts, tank, running shoes).
3. Please bring current running shoes and recently "retired" running shoes .
4. Names and styles of any previous shoes with relevant history (examples of what shoes have worked well or not so well).
5. Allow 1½ hours for a complete evaluation.

Please call to speak with a runner's clinic team member. We will be happy to answer your questions. Appointments can be made during clinic hours Monday-Friday or Saturday mornings on request.

New West Orthopaedic and Sports Rehabilitation L.L.C.

2810 W. 35th St. Suite 2

Kearney, NE 68845

Phone: 308-237-7388 Or

866-537-7388

Fax: 308-237-7394

www.newwestpt.com

Runner's Clinic



**One Team...
One Goal...
Your Health
and to...**

Run Stronger

CALL TO SET UP YOUR
RUNNING EVALUATION
TODAY!

308-237-7388



New West
Runner's
Clinic

HAVE YOU EVER
QUESTIONED?

- Why do I have a nagging ache in my toes, arch, calf, knee, hamstring, hip, spine, etc. when I run?
- Am I wearing the best running shoes for my feet?
- When do shoes break down?
- Do I need an insole to help supplement my arch?
- What could I do to improve my running efficiency?
- How can I change my workout program to challenge my own specific needs and incorporate new exercises?
- Is my core strength limiting my running ability?
- What strategies do I need to incorporate to prevent injury?

New West

RUNNER'S CLINIC

A 1½ hour biomechanical evaluation with recommendations customized to your specific running style.

THE EVALUATION WILL INCLUDE:

- A multiple view high definition video analysis of your running form with the ability of frame by frame advancement
- Assessment of flexibility, biomechanical alignment, functional strength, core, and balance
- Running shoe examination and recommendations
- An individualized exercise program addressing specific needs as identified on evaluation
- Follow up appointment if needed to assess progress or repeat video for form or shoe fit



Our Staff

Jennifer McBride, MPT
Bill Weed, MPT

Jen and Bill combine for 35 plus years of orthopedic and sports experience to bring you an unprecedented running evaluation. Both therapists have an inherent and in depth understanding of biomechanics. Each enjoys running and working with the highly motivated running population.

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