



Run Analysis Program

Rehabilitation, injury prevention and performance enhancement

Treat conditions such as:

- Iliotibial band syndrome
- Patellofemoral pain
- Plantar fasciitis
- Shin splints
- Stress fractures

Program includes:

- Video and Pressure mapping analysis of running form using Dartfish and GebioMized technologies
- Full Musculoskeletal evaluation of core stability, strength, and flexibility
- Running drills and exercises based on your analysis
- Shoe evaluation and recommendations



Revolutions in Fitness

Your next step is to call for an appointment!