



WANT TO INCREASE YOUR RUNNING SPEED AND ENDURANCE?

Take part in the **PSI RUNNER'S CLINIC** featuring state of the art video running analysis

PSI Sports Medicine Centre West is providing, a preventative screening program for runners such as yourself featuring the use of state of the art Dartfish video software (www.dartfish.com). By combining this technology with an assessment by a **Registered Physiotherapist** we can evaluate your biomechanics and educate you on efficient running form. This knowledge will allow you to maximize your running speed and endurance while minimizing the chance of and severity of future injuries.

Runners of all ages and levels will benefit from participating in this program. Each individualized assessment and exercise program will be tailored to meet your goals. For example, some runners may want to learn how to run more efficiently while others may have discomfort throughout/after their run and want to know how to get rid of this pain.

As part of the program, you will receive:

- An **individual assessment** by a registered physiotherapist.
- A comprehensive **video running analysis** (yours to keep and provided to you on CD-ROM), that will include a running gait analysis quantifying your contact time, stride length, and angles at knees/hips/ankles during various phases of the running gait.
- Tips to improve your running form.
- A detailed **individual exercise program** to take your running to the next level.

Because this is a physiotherapy assessment, **it will be reimbursed by most insurance companies**. It will take 3 visits in total to complete the PSI runner's clinic. If you have an existing injury, subsequent physiotherapy treatments can be booked. Additionally, our **Certified Sports Medicine Physicians** and **Registered Massage Therapists** are available for appointments if needed.

Questions? Contact Francine Eastwood, PT francine@psiottawa.com
Want to book an appointment? Call us: 613-599-0299 ext. 2

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