

Runners' Clinic

Are you looking to improve your race times, enjoy your runs more, or prevent injuries? Let's talk.

We will look at your goals, perform a physical exam, assess your running shoes, and conduct a video running analysis. Based on findings we will make recommendations for form training, address mobility flexibility, strength impairments and footwear recommendations.



- Have your running form, flexibility, strength and footwear assessed by a physical therapist and athletic trainer.
- Based on your running goals, get recommendations for training modifications and exercises to improve your run and reduce the chance of injury.
- Runners of any level are welcome.

Where:

Upland Hills Health
Therapy and Wellness Center

Mineral Point, Dodgeville,
and Mount Horeb

Cost:

\$80 Initial Assessment
\$40 Follow-up Sessions

To schedule your specific fitness assessment, call the **Therapy and Wellness Center** at **608.930.7147**.