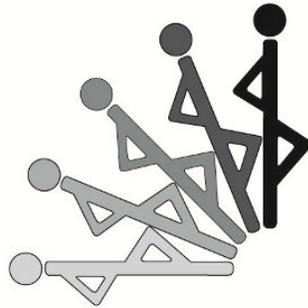


What we need
from you...



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.



Snyder Physical Therapy

2845 South 70th St.
Lincoln, NE 68506
Phone: 402-489-1999
Fax: 402-489-4153
snyderpt.com
newwestrehab.net

Runner's Clinic

Snyder

Physical Therapy



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

Run Stronger

CALL TO SET UP YOUR
RUNNING EVALUATION
TODAY!
402-489-1999



**Snyder PT
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?

Snyder Physical Therapy

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

Rob Kobza PT, OCS, CSCS

Rob has 15 years of experience in orthopaedics and sports injuries. Rob has lectured nationally to Physical Therapists on ankle and foot disorders, lower extremity biomechanics, gait analysis, and custom foot orthotics. He has also lectured to students in the University of Nebraska Medical Center Physical Therapy program.

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