

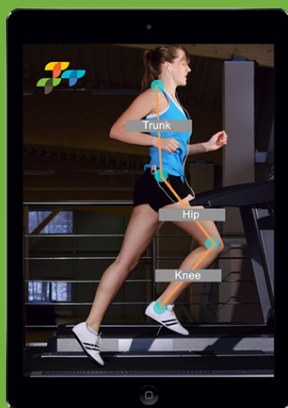
Run Assessment



Run Assessment

Help prevent pain and injuries while improving your technique

Have you ever wondered if you run the “right” way? Or whether you are setting yourself up for injury? Therapydia’s Run Assessment is a systematized method used to locate areas of weakness and determine whether your current running movement patterns are putting you at risk of injury. Our Run Assessment can determine whether your technique is compatible with the ability to apply it and we will examine your strengths, weaknesses, and any mechanical challenges involved in allowing running to be more efficient, more enjoyable, and most importantly, injury and pain-free.



As part of your Run Assessment, our physical therapists will:

- Analyze your running style
- Determine if there is a problem
- Give you exercise recommendations to improve your mechanics

Schedule a Run Assessment with the biomechanical experts at Therapydia!

About Therapydia

Therapydia is a national brand of Physical Therapy clinics emphasizing longer one-on-one treatments. Our physical therapists are experts in their fields and are devoted to the highest levels of patient satisfaction and long-term outcomes. We’re creating the PT clinics of the future – designed to inspire and rejuvenate patients, and help them reach their goals.

PATIENT SATISFACTION



4.9 OUT OF 5

Therapydia is committed to the highest levels of customer satisfaction with an average of 4.9 stars (out of 5) and more than 20,000 reviews.

**ACCEPTING
NEW PATIENTS**
Refer to us
today!

Read more at Therapydia.com | 800-842-2896