

RUNNERS!

Improve Running Performance & Prevent Injuries

- Running form, what's correct / incorrect
- Individual flexibility, strength, mobility & stability assessment
 - Create an assessment based individual training program
 - Address common running injuries
 - * Plantar Fasciitis* Achilles Tendonitis * Shin Splints
 - * IT Band Syndrome * Patella Femoral Syndrome * And More

This program will Identify and Correct problems in running form so you can:

- **IMPROVE RUNNING FORM**
- **INCREASE RUNNING SPEED**
- **GAIN RUNNING ENDURANCE**
- **PREVENT INJURY**



Training Session Presented by:

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To schedule an runners clinic put on by DMC Sports Medicine

Call (313) 910 - 9328

Official Healthcare Services Provider



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