

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 or Saturday mornings on request.

New West Orthopaedic & Sports Rehabilitation

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New West Physical & Occupational Therapy



Runner's Clinic



One Team, One Goal, Your Health!

New West 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?

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



Jennifer McBride, MPT

Jen has been a Physical Therapist for 22 years and has taken many continuing education classes on biomechanics and specific running mechanics. She has personally ran two full marathons and many half marathons. Jen enjoys running and working with the highly motivated running population.