

ATTENTION RUNNERS!

ProRehab can help you get in the race... and stay there!

- Prevent Painful Injuries
- Improve Strength
- Increase Flexibility
- Move Efficiently
- Correct Biomechanics
- Optimize Performance



Ruth Ann Halls, P.T.

Achieve peak performance with a
RUNNING EVALUATION
from ProRehab

State-of-the-art computer technology specific to runners

Video analysis & live assessment with precise measurement of biomechanics while walking & running

Complete flexibility & strength evaluation of lower extremities, core and trunk

Individualized program of stretching, strengthening & functional exercises

Recommendations of footwear & orthotics

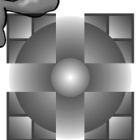
Written report & DVD analysis of your evaluation includes follow-up review & home program

**Run longer. Run stronger.
Call ProRehab today!**

(701) 451-9417
www.prorehabfargo.com



Because Your Pain Won't Wait!



PROREHAB
PHYSICAL & OCCUPATIONAL THERAPY