

Athlete's Advantage[®]

by PROREHAB

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RUNNING EVALUATIONS

*with state-of-the-art computer technology
specific to runners*

CUSTOM FOOT ORTHOTICS

*designed to support your specific
individual foot motion*

WHOLE-BODY VIBRATION THERAPY

to increase strength, flexibility & range of motion

REHABILITATION & RECOVERY

*for injuries, post-surgical and post-fracture rehab
plus problems like plantar fasciitis, shin
splints, sprains, tendonitis & more*

PAIN TREATMENT & THERAPY

*helps low back, knee, hip, ankle, foot & leg
pain - from strains & spasms to
acute & chronic conditions*

REJUVENATIONS THERAPEUTIC MASSAGE

*for relaxation & flexibility, pain
reduction & improved circulation*

Running Evaluations



(701) 451-9417

Toll-Free: (866) 348-4541

ProRehab Physical & Occupational Therapy
1711 Gold Drive South, Ste 120
Fargo, ND 58103

www.prorehabfargo.com

Reduce Pain
Prevent Injury
Improve Strength
Increase Flexibility
Correct Biomechanics
Optimize Performance



Proud members of the
Heartland Healthcare Network



Run Longer. Run Stronger.



RUNNING EVALUATIONS: STEP BY STEP

COMPUTER ASSESSMENT: Using digital video analysis software, your therapist will study your walking and running in multiple planes of motion, break down the cycles frame by frame and perform on-screen measurements. This gives the therapist valuable information to identify any biomechanical problems.

MECHANICAL ASSESSMENT: Your therapist will also perform a series of tests to analyze joint range of motion; muscle flexibility and strength; and dynamic movement screens to detect any movement dysfunction and muscle imbalances.

FOOTWEAR & ORTHOTIC ASSESSMENT: Your therapist will examine your current shoes and/or orthotics, compare the findings with the mechanical assessment and, if needed, will make recommendations for improvements.

SOLUTIONS CUSTOMIZED FOR YOU: Based on this information, we will be able to give you the tools to help you improve strength, range of motion and flexibility, and address issues that may cause you problems in the future.

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



Can a Running Evaluation help me?

Absolutely! Runners of all ages & levels, whether competitive or recreational, are welcome!

What if I already have an injury?

If you have an injury, we can help by performing evaluation targeted specifically to the demands of running and rehabilitation. We'll provide the help you need to restore pain-free running & improve your performance through mechanical efficiency.

Achieve peak performance
with a
RUNNING EVALUATION
from ProRehab

FEATURING:

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 & 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

