

CONTACT US

West Jefferson (260) 432-5800

✉ tsullivan@indianapt.com

🏠 7930 W. Jefferson Blvd, Fort Wayne

Lahmeyer Road (260) 482-7800

✉ aguitar@indianapt.com

🏠 4315 Lahmeyer Rd, Fort Wayne

🌐 www.indianapt.com



IMPROVE YOUR RUNNING

IT'S TIME TO TAKE ACTION!

It is important to be aware of how your body is moving while in motion. Faulty running mechanics can increase risk of running related injuries. Analyzing your gait provides you with powerful information to help improve your performance and avoid injury.



**INDIANA
PHYSICAL THERAPY**

MY



STRIDE

RUNNING

ANALYSIS

WHAT WE

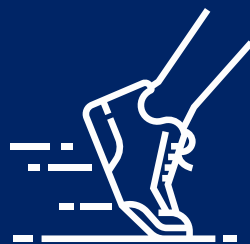
DO



We aim to educate people on how they can improve their running technique.

Strength and mobility impairments, or faulty running mechanics could increase risk of running related injuries. Our MyStride program aims to identify and address these issues.

**HOW WE CAN
HELP**



**STRENGTH &
MOBILITY SCREEN**

We will do a general strength and mobility screen to identify any potential deficits in your gait.



RUNNING ANALYSIS

We use video analysis software to evaluate issues in running form that could be problematic.

WHAT TO

EXPECT

A PT who specializes in running mechanics will go over your training history, and any previous running injuries. They will do a movement screen to see if you have any limitations that might affect your running form. Afterwards you will get on a treadmill and the PT will use video analysis software to break down your running mechanics. They will go over the results with you to make recommendations for exercises, training modifications, etc.

Scan Here for more info & a short video explaining what to expect on your visit

