



Foot Pain & Your Stride

RUN FARTHER, FASTER, AND LONGER.

Running and walking is a cheap and easy way to improve your health and get in shape. **However, if you're running with poor form, each run will feel like a chore.**

A History of Stride

Our clinic has been offering Stride Clinics for six years. Over those years we've helped hundreds of people improve their technique and enjoy running again via our one-on-one video assessments. From track athletes, to football players, to recreational runners, our evaluations have helped participants run farther, faster, and pain free for years.

Whether you're running for sport or for health, your form is important. While most people know that running regularly leads to improved speed and endurance, most runners neglect to practice the most important aspect of healthy running: technique.

An Individualized Assessment

There is plenty of material out there regarding proper gait mechanics and running form, but the truth is that there is no "one-size-fit-all" technique when it comes to running. Every person's body is different; therefore, the right running form for your friend may not be optimal for you. It also depends on your goals, the type of running (long vs. short distance, concrete vs. rough terrain, etc.), and your running experience.

It's one thing to read about proper technique, it's another to see it in action. That's what sets our Stride Clinics apart. By utilizing live video feedback, you can watch your form from various angles in real time. Rather than trying to overhaul your technique in one half-hour session, we focus on subtle positional cues that will train your body to run in its optimal form over time. Using side-by-side comparisons, you can see and feel the transformation in your technique.

CHECK OUT OUR YOUTUBE VIDEO TO SEE A LIVE STRIDE EVALUATION AND HEAR MORE FROM ANDREW ABOUT THE TRANSFORMATIONS HE'S SEEN THROUGH OUR STRIDE CLINICS

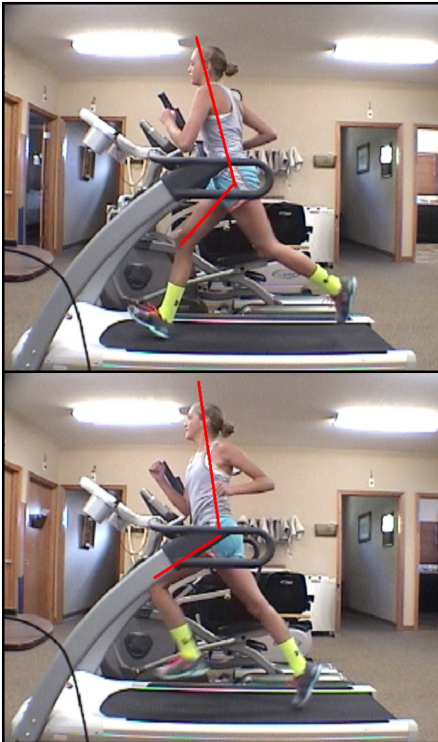
Youtube Search: **Stride Clinics - Pearson PT**
or scan the QR code to the right with your phone





Foot Pain & Stride Clinic

August 10th • 8:00 AM - 12:00 PM



Each 30-minute appointment includes:

- ◆ Individual assessment with physical therapist
- ◆ Learn about foot type and shoe recommendations
- ◆ Learn about our custom foot orthotics (casted in clinic!)
- ◆ Gait assessment with video feedback
- ◆ Tips for training management to avoid injury

It's not just for athletes!

If you spend any time on your feet and experience pain, this clinic is for you!

(308) 872-5800

Please call to reserve your free 30-minute appointment!

2021 South E. Street, Suite 1
Broken Bow, NE 68822



pearsonpt.com
facebook.com/pearsonpt