

*For your
very best run.*

BALANCE
ASSESSMENT

RUNNER'S
EXERCISE
PRESCRIPTION

LOWER EXTREMITY
FLEXIBILITY &
STRENGTH SCREEN

BIOMECHANICAL
FOOT EVALUATION

SHOE
PRESCRIPTION

PERSONAL
RUN-GAIT
ANALYSIS

**An Individualized
Performance Assessment Experience
for Runners & Athletes**

NEW FOR 2016: Speed Training Station

20 Country Club Drive
Downingtown, PA 19335



Clinic.GoToInMotion.com

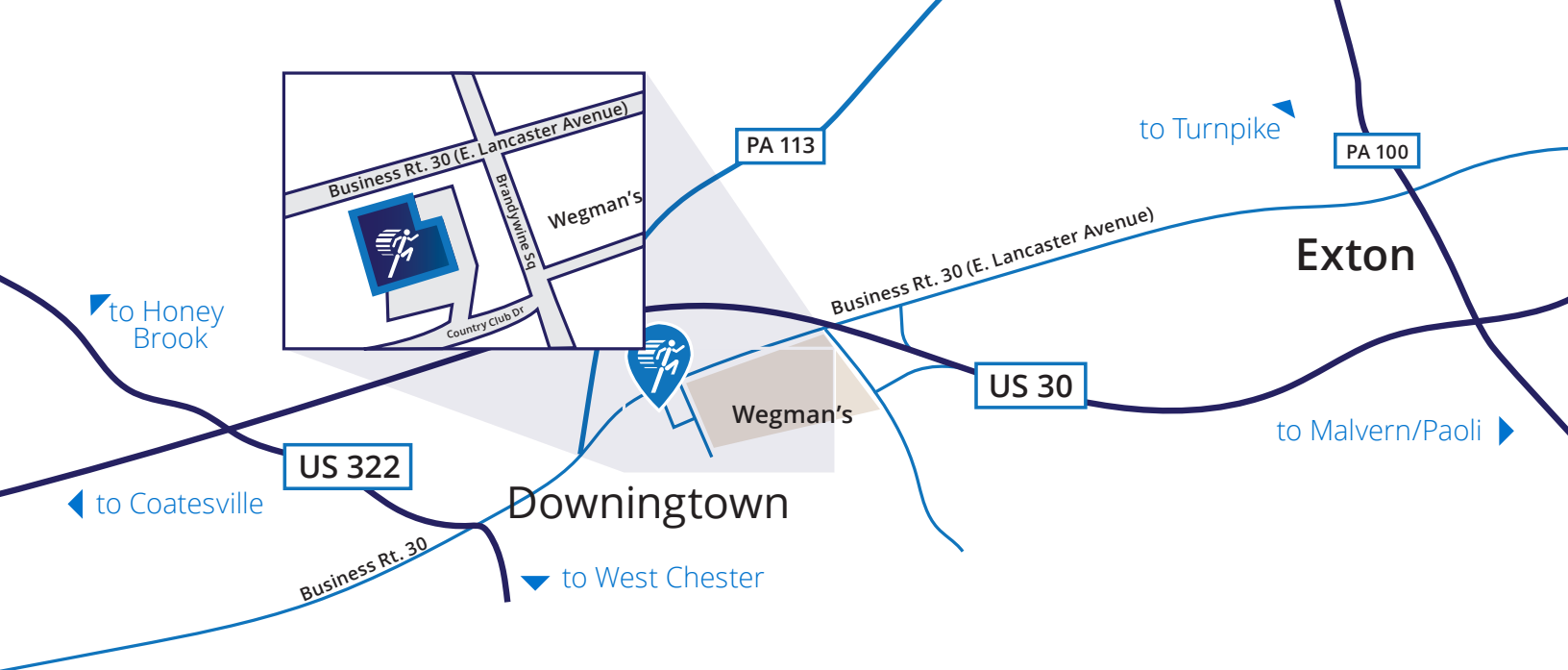
**IN
MOTION**
PHYSICAL THERAPY
& FITNESS CENTER

FREE!

**RUNNER'S
CLINIC
FOR INJURY
PREVENTION**

**MARCH 5, 2016
9:00AM-12:00PM**





Join In Motion Physical Therapy for the 4th Annual Runner's Clinic for Injury Prevention • March 5

Novice and experienced runners and athletes are invited to gain individualized performance assessments and information regarding injury prevention. Featuring footwear demonstrations, nutritional information and free giveaways!

*All assessments by
licensed physical therapists*

Free • No pre-registration required



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