

*For your
very best run.*

BALANCE
ASSESSMENT

RUNNER'S
EXERCISE
PRESCRIPTION

ATHLETE FAVORITE!
PERSONAL
RUN-GAIT
ANALYSIS

LOWER
EXTREMITY
FLEXIBILITY &
STRENGTH
SCREEN

BIOMECHANICAL
FOOT EVALUATION

SHOE
PRESCRIPTION

ATHLETE FAVORITE!

ATHLETE FAVORITE!

Individualized Performance Assessment
for Runners & Athletes

NEW FOR 2017:
Crosstraining for Runners

and now collecting
gently-used sneakers to donate!

20 Country Club Drive
Downingtown, PA 19335



Clinic.GoToInMotion.com

**IN
MOTION**

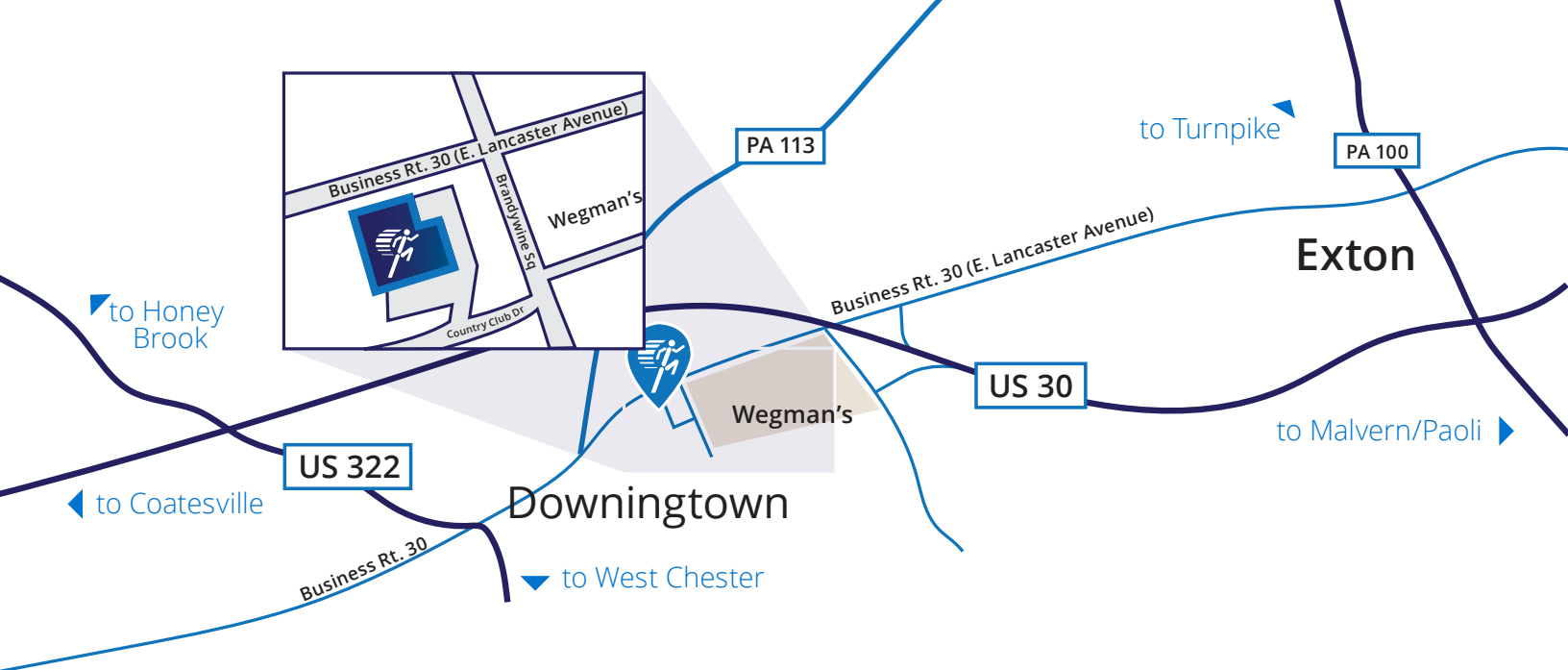
**PHYSICAL THERAPY
& FITNESS CENTER**

FREE!

**FIFTH ANNUAL
RUNNER'S
CLINIC
FOR INJURY
PREVENTION**

**MARCH 4, 2017
9:00AM-12:00PM**





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

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; arrive any time between 9 and 11:30 AM

Bring a gently-used pair of sneakers to donate!



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