

Patient Testimonials

“PT educated and empowered me to pursue my athletic dreams, and the work at JCPT opened the door for me to race for Team USA.”

Tisa Cawthon, Team USA Paratriathlon



“I came to JCPT after years of abuse to my body in training and racing. I was having a hard time just walking. My PT was super thorough and honed in on the problem quickly. With his guidance I was able to get back out quickly to training hard. I placed 4th in the USATF Trail 50K National Championships in no small part to my PT's help!

Ryan Ghelfi, Professional Ultra Runner



www.jc-pt.com

Mission

Jackson County Physical Therapy is committed to supporting you on your return to optimal health and well-being.

Vision

Jackson County Physical Therapy aspires to improve the quality of life for our patients by creating an environment that promotes wellness. We are committed to providing an experienced, caring staff dedicated to learning, teaching and personal development. We strive for a safe and confidential setting with unparalleled individualized care. We will listen compassionately to your concerns and consistently provide our services with integrity.

ASHLAND

370 E. Hersey St.
Ashland, OR 97520
541-482-6360

EAGLE POINT

158 W. Main St.
Eagle Point, OR 97524
541-830-0914

EAST MEDFORD

709 N. Phoenix Rd.
Medford, OR 97504
541-630-3055

CENTRAL MEDFORD

36 Hawthorne St.
Medford, OR 97504
541-776-2333

PHOENIX

242 N. Phoenix Rd
Phoenix, OR 97535
541-512-0757

www.jc-pt.com



Physical Therapy for Runners



**JACKSON COUNTY
PHYSICAL
THERAPY, LLC**

Heal Your Body. Strengthen Your Life.™

Video Analysis

Video running analysis may be performed on treadmill as part of your evaluation

Provides feedback to the runner and can reveal weaknesses and technique flaws that predispose for injury

May be performed for diagnosis of injury or for running technique instruction



Local Runner Phil Reed, (of the Brothers Reed Band), getting a running analysis.

Common Conditions:

- Patellofemoral Pain
- Tibial stress syndrome
- Muscle strain
- Achilles tendinopathy
- Plantar fasciitis
- Iliotibial Band syndrome
- Lumbar/sacroiliac joint pain

What to Expect :

One-on-one 45-minute treatment sessions with a PT who specializes in rehab for runners

Evaluation and explanation of condition

Comprehensive treatment including strength training, flexibility exercises, movement drills and hands-on techniques

Recommendations on shoe wear, running technique, training surfaces, training plan



What to Bring:

- Comfortable clothes for running
- Athletic shoe wear
- Previous or current orthotics



Korey Konga, professional distance runner