



# Running Analysis at Jackson County Physical Therapy

**Cost:** \$35 each 15 minutes of direct 1-on-1 time with a licensed physical therapist

**Options:** Video analysis of your running form by a physical therapist; screening for muscle weakness, tightness, or imbalance; specific strengthening/stretching exercises; running drills; discussion of your current running regimen

**Where:** At any of our 4 clinics.

**When:** Please call to schedule for an available time.

Medford 776-2333. Phoenix 512-0757.

Ashland: 482-6360. Eagle Point 830-0914.

Visit ***www.jc-pt.com*** for more PT information