



## **Sports Medicine: Adult Program Runner's Conditioning Program**

Program hard wires optimal running habits, while conditioning athletes to run more efficiently and safely. Using the latest research and technology, Sparrow Sports Medicine can optimize each runner's performance to meet individual needs and achieve desired goals.

### **Program Objectives**

- Classify individual running type
- Improve running efficiency
- Enhance musculature balance
- Customize individual warm-up and cool-down programs
- Identify appropriate footwear

### **Program Focus**

- Educate runners to better understand individual running type(s) and resulting needs to enhance running efficiency
- Provide hands-on stretching and treatment to improve muscle balance
- Individualized musculoskeletal training to improve running techniques as well as decreasing existing programs, i.e., groin strains, plantar fasciitis, etc.

### **Program Provides**

- Series of six one-hour sessions
- Running evaluation with video analysis
- Group and individual muscle release
- Creation of personalized stretching and strengthening program
- Identification of appropriate running footwear

### **For more information contact:**

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