



# Running Analysis at Jackson County Physical Therapy

**Cost:** \$100 for a 45-minute, one-on-one session with a Running Specialist 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](http://www.jc-pt.com) for more PT information