



Running Analysis at Jackson County Physical Therapy

Cost: \$140 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 an available time.

Central Medford 776-2333

East Medford 630-3055

Talent 482-6360

Eagle Point 830-0914

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