



Running Clinic at Gwinnett Medical Center-Duluth

Running Gait Analysis:

Whether you are a new or seasoned runner, we can help improve your performance, reach a personal goal or reduce injury risk. Your assessment includes:

- Video analysis of your running gait
- Dynamic strength testing
- Written interpretation of problem areas
- Copy of your video
- Recommendations for reducing injury or correcting biomechanical problems



Cost:

- \$150 for gait assessment only
- \$300 for gait assessment and 3 follow-up training sessions (45 min. each)
- Follow-up one-on-one training sessions are available for \$55 (45 min.) or \$40 (30 min.)

Your assessment will be conducted by **Becky Thompson, PT, CSCS, Cert MDT**. Becky is a physical therapist and certified strength and conditioning specialist with an interest in running injuries. She is an avid runner and triathlete, having completed a marathon, several half marathons, and numerous road races and sprint triathlons.



SPORTS MEDICINE

Gwinnett Medical Center – Duluth

For more information, call 678-312-7880.

gwinnettmedicalcenter.org