

REHAB ASSOCIATES OF CENTRAL VIRGINIA

The Runners Clinic of RACV

Program conducted by:



**Josh Bailey, PT,
DPT, OCS, CSCS,
CPed**

Josh has over 10 years experience in physical therapy, including extensive training in the treatment of foot and ankle pain as well as sports performance.



**Rebecca Irby,
PT, DPT**

Rebecca has worked for Rehab Associates since 2006 and focuses her practice on the treatment of foot and ankle pain.

Call Rehab Associates to schedule your assessment.

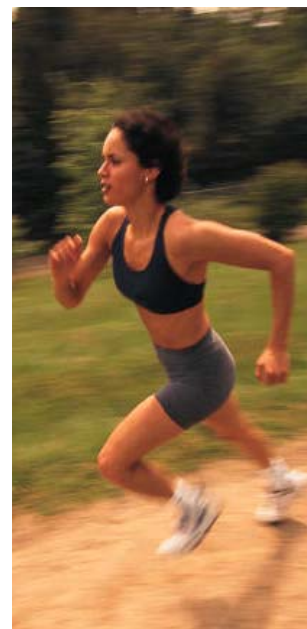
**REHAB ASSOCIATES OF
CENTRAL VIRGINIA**

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Improve your running performance and prevent injury

Whether you run for fitness or for sport, an evaluation from The Runners Clinic at RACV can result in speed and efficiency enhancement and help prevent common running injuries. The program includes:

- Video analysis of running stride mechanics
- Lower extremity biomechanical evaluation & alignment, muscle length assessment, & strength examination
- Shoe recommendations & orthotic needs assessment and evaluation of orthotic & shoe interaction on biomechanical function

Running video analysis ranges from \$125–\$250 based on runner's individual needs. Please contact our office for more information.



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