

PROCARE

PHYSICAL THERAPY AND SPORTS MEDICINE

a division of The Carlson Therapy Network

PRESENTS

“THE RUNNING ATHLETE”

A THREE PART SERIES OF INFORMATIVE TALKS FOR RUNNERS
FOCUSING ON INJURY PREVENTION AND PERFORMANCE
ENHANCEMENT

LOCATION: Procare PT & Sports Medicine, 6 Shaw’s Cove, New London

SPEAKERS: Coach Al Lyman, CSCS & Craig Katko PT, ATC

DATE: 1-26-2010 TIME: 6:00 – 7:00 PM

PART I TOPICS: Physical Assessment, Defining “mobility, flexibility, and stability” and how they affect the runner, Functional Movement Screen Demonstration, Question & Answer session to follow.

COST: FREE

Register early as space is limited. Call Craig at 860-447-3009, or email at craigprocarept@aol.com to register.



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