

RUNNING PROGRAM



**RUN FASTER
RUN FARTHER
RUN PAIN-FREE**

TCOmn.com





PROGRAM DETAILS

Work with a Physical Therapist Running Specialist at TCO to develop your plan of care to address injury, muscle imbalance, running technique, footwear/orthotics, and facilitate return to running/mileage training.

SERVICES

- Running video assessment
- Comprehensive PT assessment
- Exercise prescription and modalities/manual techniques as necessary
- Cadence retraining
- Aquatic therapy
- Alter-G (anti-gravity treadmill)

FOR MORE INFORMATION ON PRICES, LOCATIONS & PLANS, CONTACT:

SpecialtyPrograms@TCOmn.com