

Improve your running performance...

Enhance Racing Performance

Improve Race Times

Guard Against Injury

Improve Efficiency

Advance Mental Game

Refine Nutrition Strategies



McLeod Sports Medicine is one of the few facilities in the country using Dartfish motion analysis software. The same software used by the U.S. Olympic Committee and other high-performance training centers.

McLeod Human Motion Running Performance



McLeod **Human Motion Specialists** SPORTS MEDICINE

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***A McLeod Sports Medicine
Program with
3D Motion Analysis***

McLeod Human Motion Running Performance Program

This customized performance training program consists of a series of sessions with a McLeod Sports Medicine Physical Therapist and Sports Medicine Specialist.

The program is designed to **Enhance Performance, Reduce Risk of Injury, and Improve Running Form.**



Dartfish, 3D motion analysis software, is utilized to provide a real understanding of corrections and adjustments needed to eliminate inefficiencies that lead to decreased performance and injury.

Dartfish connects two realities - what you think you're doing and what you're actually doing. It provides instant visual feedback.

Training Levels:

Amateur - Runners of all abilities
2 one-hour sessions

Elite - Runners looking to get more out of current training program
4 one-hour sessions

Professional - Runners interested in tools to gain extra speed
6 one-hour sessions

All Levels Include:

- Dartfish video gait analysis
- Functional strength and movement testing to eliminate muscle imbalances and improve running efficiency
- Training strategies to enhance performance and address movement inefficiencies



Additional Offerings:

Elite

- Lab based Lactate Threshold testing with blood lactate analysis
- Training modifications based on results of lab testing

Professional:

(includes Elite offerings)

- Session with a Sports Psychology Consultant to enhance mental focus and develop mental strategies for improved performance
- Session with a specialist in Sports Nutrition to refine your diet to improve recovery and enhance performance

All Runners Will Receive:

- DVD with their gait analysis
- Drills
- Strength training exercises
- Training program modifications
- Sports performance T-shirt

For more information or to register, call
McLeod Sports Medicine at
843-777-5043.