

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 Sports Medicine

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McLeod Sports Performance

Running Performance Program



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

McLeod
Sports Medicine

McLeod Sports Medicine Running Performance Program

This customized performance training program consists of a single session with a McLeod Sports Medicine Athletic Trainer and Certified Sports Performance Professional.

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

Program Description: One 1.5 hour session

Running Form will be analyzed from two views, the rear and side. A comprehensive Functional Movement Screen (FMS), specific to runners, will be given and evaluated by the Sports Performance Professional. A detailed evaluation will be completed after the session and will be sent to the runner.



Video Analysis:

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.



Movement Screen:

Functional Movement Screen: Determines the greatest areas of movement deficiency, demonstrates limitations or asymmetries, and correlates these with the running motion.



All Runners Will Receive:

- Dartfish video DVD with gait analysis.
- Proper footwear recommendation.
- Functional strength and movement testing to eliminate muscle imbalances and improve running efficiency.
- Training strategies to enhance performance and address movement inefficiencies.
- Sports Nutrition to refine your diet to improve recovery and enhance performance.
- Strength training and foam rolling exercises specific to runners.
- Training program modifications.

Additional Offerings:

A running mechanics evaluation can be packaged with strength and conditioning sessions for an additional fee.

For more information contact,
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Friend us on Facebook at McLeod Health
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