

Always wanted to run a 5K, but didn't know where to start?

Running 101 is a UH Rehabilitation & Sports Medicine goal-oriented running program to help any person *start* running.

- 10 week multi-disciplinary comprehensive program
- Initial Screen by UH Physical Therapists who are running specialist
 - Strength
 - Flexibility
 - Video Gait Analysis
 - Identify risk factors for injuries
 - General Fitness Level
- Program guidance to minimize training errors
- Nutrition Consult with UH Sports Nutritionist
- Consult with local shoe vendors on proper footwear, fit and orthotics
- Interaction (as able) with local personal trainers to aide in workouts and training
- Day-by-day detailed program of walking, running and rest
- On-going availability of UH Running Specialists to answer questions or address concerns
- Culminates in a local or UH Sponsored 5K race

Already a runner?

Running 210 and Phase II Running Program: for the occasional runner to the seasoned marathoner. Addresses current injuries or prevention of injury through:

- Comprehensive Running Evaluation by UH Physical Therapist Running Specialist
 - Whole body evaluation
 - Identify impairments, faulty mechanics and other potential causes of injury
 - Video Running Analysis
- Formal Rehabilitation Program
 - Addresses your specific intrinsic, extrinsic and structural factors
 - In-clinic and at home
- RACE program (Running And Conditioning Exercises)
 - Running-specific exercises and drills
 - Ballistic, agility and plyometric exercises
- Return to Running Program
- Training Schedule
 - To resume normal running activities.

For more information or to schedule an appointment with one of our Running Specialists, call 216-286-REHAB (7342) or go to UHhospitals.org/OPRehab.