

Mathis RunPrep

Maximize Efficiency • Run Pain free

Get ready for Race Season!

RunPrep is a program designed to *identify inefficiencies* associated with an individual's running mechanics. It will highlight areas where *mobility* and *strength* may be limited and will work to equip runners with the materials and skills needed to *maximize efficiency* and *run pain free*. RunPrep can also be a mechanism for recovery after races or running to improve muscle tissue and accelerate healing times. We will address any hip, knee, foot, and ankle issues in order to prepare you to run and recover better.



Program Includes

- ◆ Initial Evaluation
- ◆ Mobility/functional movement screening
- ◆ Individual sessions for improving inefficiencies in mobility, stride, and other body movements

Call (785) 539-9669 to schedule your RunPrep exam