



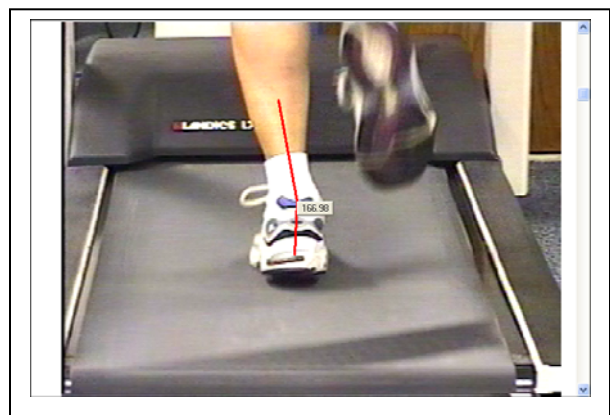
# Running Clinics



**Ramsey's Running Clinics offers the following:**

- **Video Analysis**

**Our state of the art video system allows us to break down your running and or walking biomechanics. We will video you running on the treadmill. You will be amazed with what you see.**



- **Strength and Flexibility Screens**

**We do a strength and flexibility screen on your trunk and your legs.**



**Let us find the tightness and weakness issues that may be adversely affecting your running efficiency**

- **Running Shoe Assessment**

**We will assess your overall posture and make shoe style recommendations to fit your individual foot and body type**

- **Postural Assessment**

**We will assess your Posture and show you how adverse posture can create issues with running performance**

- **Orthotic Assessment**

**Have your old orthotic assessed or find out if orthotics in your shoes will help improve your current running program (see more info below).**

## **Running Clinic Costs**

**The fee for the running clinics per person is \$75.00.**

**The fee includes:**

- **Video analysis of your running on a treadmill**
- **Postural Analysis**
- **Strength and Flexibility Analysis/Program Recommendations**
- **Individualized Shoe Recommendations**

## **Orthotic Assessments**

**Let the Therapists who are currently fabricating orthotics at Ramsey Rehab assess your current ones to see if they are adversely affecting your running stride. We have four models to choose from. The running clinic therapist will help you choose the right orthotic for your foot and body type. The staff of Ramsey uses all assessment forms from the clinic**

**analysis as well as their biomechanical assessment to determine the best orthotic for your running or dress shoe.**

**The cost of the fabrication of the orthotic is:**

- 1. The XPE or BFO style of orthotic is \$50.00**
- 2. The composite model is \$100.00**
- 3. The Lab fabricated orthotics is \$300.00 (The lab orthotic is made by a plaster cast and sent out of our office for fabrication)**

**If an orthotic is needed for your foot, an extra visit needs to be scheduled with one of our orthotic specialists.**

## **Meet your Running Specialists**

### **Karla Rocheleau, PT**

**Karla is a licensed physical therapist, certified personal trainer, and orthotic specialist who has worked in the orthopedic field for over 18 years. Her physical therapy degree is from the University of New England in Maine. She has been very involved with treating athletes, developing training schedules for runners, and doing videotape analysis and orthotic fabrication for sports-related injuries, orthopedic, and pediatric diagnoses.**

### **Carrie Provencal, PT**

**Carrie is a licensed physical therapist with over 11 years of orthopedic experience receiving her degree from Quinnipiac College in Connecticut. She specializes in manual therapy, biomechanics of the lower extremities as well as orthotic fabrication and video analysis. She focuses on designing goal-specific rehab and training programs that balance strength and flexibility to prevent and treat injury.**

### **Sarah Wright, PT, DPT**

**Sarah is a licensed physical therapist, receiving her Doctorate in Physical Therapy from the University of Massachusetts Lowell. She has her Bachelors degree in Exercise Science from the University of New Hampshire**

**and has a strong interest in running, triathlon training, wellness, and nutrition.**