



The Injury Clinic with Rehab Associates

Although sometimes running just hurts, there are certain injuries that you should not run through. The problem is....how are you supposed to know???

Rehab Associates will assist you with this by providing a FREE injury clinic at Riverside Runners!

The clinic will be:

- 10am-12pm on the 3rd Saturday of each month (Begins March 16th)
- Includes a biomechanical screen
- Includes a functional mobility screen
- Advice to improve training regimens
- Assistance with shoe recommendations
- Advice on appropriate professional referrals

The program is coordinated by Josh Bailey, PT, DPT, OCS, CSCS, CPed and provided by the skilled clinicians at Rehab Associates.

For more information/directions, contact Riverside Runners, 2480 Rivermont Avenue, Lynchburg, VA 24503, **434-846-7449** and on the web, riversiderunners.com.

For further evaluation of your injury or to schedule video running analyses (for healthy runners) call the Timberlake Clinic at **434-237-6812** to schedule your assessment.

Also for direct access at one of our 9 convenient locations visit **racva.com** or call **855-RACV4PT**



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rehab associates of central virginia