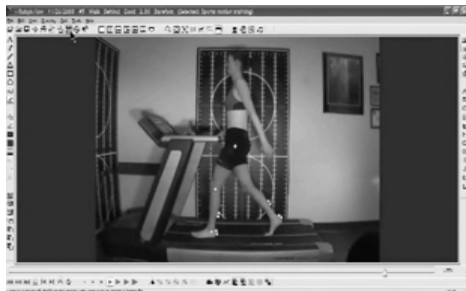


Our Goals

Goals of our Program

- Rehabilitate existing injury
- Avoid injury re-occurrence
- Correct biomechanical fault
- Correct muscle imbalances
- Improve postural alignment
- Return to running
- Improve performance



Sara Wells— Lee, DPT A Professional Runner

Sara Wells—Lee, DPT has been on the Salina Physical Therapy team since 2008 . She has a special interest in orthopedics and sports medicine. As a former collegiate/professional runner, she greatly enjoys working with runners/running injuries and prevention. Sara also utilizes hands-on manual therapy and has special training in myofascial/trigger point release.

Sara Wells-Lee, DPT



Running Program

Running Gait Analysis

SALINA PHYSICAL THERAPY

**521-A S. Santa Fe
&**

**1101 E. Republic
Salina, Kansas 67401**

Tel: (785) 825-1361



Salina Physical Therapy

Are you a runner?

There are nearly 30 million Americans who run on a regular basis. An estimated 65% of all runners will sustain an injury annually with the incidence increasing to 90% in those training for a marathon.

Salina Physical Therapy

Therapists at SPT specialize in working with running athletes and understand the biomechanical demands of running and risk factors that predispose an individual to being injured.

Physical therapists are specialists in movement and can provide a thorough evaluation of the joints and muscles that propel you. SPT therapists will examine your entire biomechanical chain and identify compensatory patterns of movement that affect the way you run. Using our Sports Motion analysis system we are able to analyze gait using frame by frame technology and educate the patient using visual feedback.

Training

Most running injuries are associated with training errors and/or biomechanical faults. SPT therapists can provide advice on training techniques that help you safely meet your running goals.



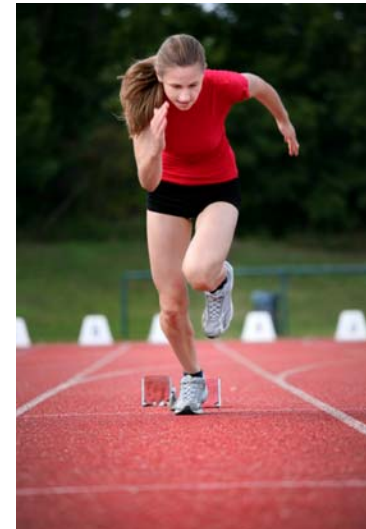
Gear

Footwear is a key element to running injury free. The way your foot hits the ground and how it is supported can make a significant difference in your training efforts. We can assist you in determining the best shoes based on foot structure and running style. SPT physical therapists can fit you for custom orthotics if indicated.

“Repeat Offenders”

Evidence indicates a previously injured runner is 3 times more likely to sustain a re-injury than a runner with no previous injuries.

- Perhaps lack of full rehab prior to return
- Treating symptoms instead of the cause



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