

**Still Photos from High-Speed
Running Gait Video Analysis**



Utilizing a combination of still photos and high-speed video from Dartfish, Dr. Bair will explain his findings to you during the included follow-up session. You will receive a personal copy of these findings on DVD.



**Call us today at (610) 696-5076
to schedule your
FLASH™ Running Clinic!**

www.flash-pt.com

Conveniently located near
West Chester University and
just off Route 202:

882 S. Matlack St., Suite 104
West Chester, PA 19382

In-and-Out in a FLASH!™

FLASH™ Running Clinic



**The secret to fast and
healthy running!**

FLASH™ Running Clinic

Are you a runner who has been injured in the past and would like to potentially avoid future running-related injuries? A runner looking to improve your race times? Then FLASH™ Running Clinic is for YOU! FLASH Sports Physical Therapist Dr. J. Ryan Bair is offering a running clinic to assist all runners in reaching their potential.

Who is Dr. J. Ryan Bair?

Dr. J. Ryan Bair is the founder and owner of FLASH™ Sports Physical Therapy and Performance Center, LLC. He is Board Certified in Sports Physical Therapy and specializes in the treatment and prevention of running-related injuries. Dr. Bair is a runner himself and competed at the NCAA Division I level in cross country and track and field while attending Saint Francis University in Loretto, PA. He has helped many runners successfully return to running following injury as well as improve their running performance.



What is FLASH™ Running Clinic?

A one-on-one session that includes the following:

- Strength and flexibility assessment to identify any imbalances that may have contributed to past injuries or place you at a higher risk for future injuries
- High-speed running gait video analysis utilizing Dartfish ProSuite Version 6.0 software to assist you in developing better biomechanics for faster, more efficient running
- Synthesis of information gathered to develop a personalized program for you (including footwear recommendation)!



FLASH™ Running Clinic Packages

Bronze: \$200

- 60-minute initial session that includes a full strength and flexibility assessment + running gait video analysis + development of personalized home exercise program
- 30-minute follow-up session that includes review of gait analysis findings (personal copy on DVD) + footwear recommendation

Silver: \$250

- All components of Bronze Package + follow-up session will be extended from 30 to 60 minutes, allowing inclusion of exclusive hands-on work or running gait retraining utilizing Dartfish Live-In-The-Action to address possible deficits that may be limiting your running performance

Gold: \$350

- All components of Silver Package + personalized 8-week running training program for an event of your choice (to be provided at follow-up session)

**10% discount on any package available to members of clubs and teams affiliated with FLASH PT and all high school and college cross country and track runners

***Additional 60-minute follow-up sessions are available to our runners who have already participated in Bronze, Silver, or Gold packages. Each session is \$120. Follow-up sessions may include, but are not limited to: comparative review of initial session vs. follow-up, exclusive hands-on work, running gait retraining, and progressive exercise recommendations.