



Run SMART- Running Clinic

When: Saturday, June 28th, 9-10am (presentation)/
10am-12pm (running analysis by appointment)

Where: Gainesville Physical Therapy clinic,
6862 Piedmont Center Plaza, Gainesville, VA 20155 (behind the US
Tigers)

Who's SMART: New and Experienced Runners looking to gain an edge on preventing injury or recovering from injury- YOU!

Get SMART by learning about:

- SMART Running form
- What YOU need to start running SMART (*mobility, stability, balance, strength assessment*)
- Exercises for SMART running
- Head to Toe SMART running analysis (*limited number based on availability-REGISTER EARLY to get your spot*)
- Dry Needling (*Non-narcotic intramuscular therapy for pain relief, to jump start recovery, to enhance performance*)

Call NOW and Reserve your SPOT! (703) 754-4690

www.Gainesville-pt.com

About the Run SMART Instructors:

Dr. Cristina Trypanis, DPT, MSPT, CIDN (Clinic Owner/PT with 14 years experience treating lower extremity/sports injuries, orthotics fabrication/application, dry needling)

Lynne Virant, Student Physical Therapist (20+ years experience as a runner/personal trainer. 5-time finisher of Boston and Marine Corps Marathons and ½ marathons to 5Ks)

Lauren Carruthers, Student Physical Therapist (5+ years running experience in ½ marathons to 5Ks)