

RUNNING EVALUATION

Franciscan Health Sports Medicine offers running evaluations

Whether you are a competitive runner training for your next race or running for enjoyment and exercise, let us help you improve your form. Are you experiencing a constant ache or pain during or after your run? This could be due to your running form or certain muscular weaknesses and imbalances. Currently not experiencing any pain? Great! Making sure to have good form and stability now will help keep you running your best and injury free.



Each running evaluation may include the following:

- Video of running form
- Detailed assessment of your running form
- Custom handout describing running gait, including pictures and running progression
- Individualized handout of exercises developed from assessment
- Follow up appointments as needed

Call us to be seen today! No referral needed.

For more information about our Running Evaluation services, or to make an appointment, please contact one of our Franciscan Health Sports Medicine locations, listed on the backside of this flyer.

FRANCISCAN HEALTH CENTRAL INDIANA LOCATIONS

- 1 Indianapolis Campus**
5255 E. Stop 11 Road
Suite 301
Indianapolis, IN 46237
(317) 528-5800
- 2 Southport**
610 E. Southport Road
Suite 101
Indianapolis, IN 46227
(317) 780-5855
- 3 Mooresville Campus**
1201 Hadley Road
Suite 101
Mooresville, IN 46158
(317) 831-9333
- 4 Plainfield**
315 Dan Jones Road
Suite 140
Plainfield, IN 46168
(317) 837-4700
- 5 Carmel Campus**
12188-B N. Meridian St.
Suite 230
Carmel, IN 46032
(317) 705-4640
- 6 Downtown CityWay**
426 S. Alabama St.
Suite 200
Indianapolis, IN 46225
(317) 528-6804

