



Performance Testing

Running Analysis

Maximize your running performance. Our team of experts will utilize cutting-edge video analysis technology to make recommendations and adjustments related to your running mechanics, improve your overall performance, and reduce your risk of running-related injuries.

Program details:

Who: Novice to experienced runners

Where: Aurora BayCare Sports Medicine
1160 Kepler Drive, Green Bay, WI

Cost: \$125 (includes three sessions)

Session 1 includes a review of your running history, a full musculoskeletal evaluation, and video analysis of your mechanics.

Session 2 & 3 includes review of your analysis, adjustments to running form, and training recommendations.

Your personalized program includes:

- Review of your running history
- Musculoskeletal evaluation
- Video analysis of running mechanics
- Adjustment to running form
- Training recommendations
- Advice on proper footwear

Our program focuses on:

- Running biomechanics
- Strength imbalances
- Muscle flexibility
- Joint mobility



Call 920-288-5491 to schedule your running analysis.

Aurora BayCare Sports Medicine

aurorabaycare.com/services/sports-medicine