

## Want To Be A Better Runner?

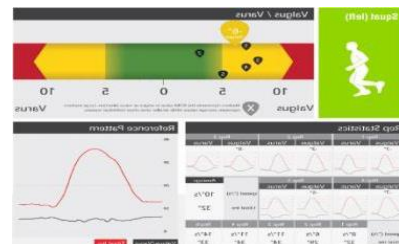
*Stop by the NovaCare Rehabilitation table at Playmakers during  
packet pick-up for Hippiity Hop 5K  
to get a Running Assessment!!!*

### What is a Running Assessment?

A running test performed on a treadmill using FDA approved, 3D wearable technology, which identifies and quantifies movement patterns. This allows our clinicians to help correct movement errors to improve overall performance and decrease risk of future injury.

### What does a Running Assessment measure?

- Symmetry of left and right leg
- Ground reaction force
- Initial peak acceleration
- Average ground contact time
- Steps per minute
- Total distance
- Speed
- Time



### How much does a Running Assessment cost?

A running assesement is usually \$40, but runners in this event we are offering the same great service and expertise for \$25!

If you miss this opportunity, feel free to call our Grand Ledge clinic to set up an appointment to get your Running Assessment at the same diccounted rate!

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