

RUN CLINIC

Run Clinic is specifically designed with the young competitive runner in mind. Developed and optimized over the past 10 years, it is a special session in which our team focuses on specific movement patterns that every successful runner needs. Each athlete can expect a thorough evaluation emphasizing their individualized patterns. Following evaluation, we can use the information gained to get the most out of each session. The session consists of manual soft tissue work, muscle activation strategies, and mobility and strength exercises. Our therapists are life-long runners with college experience, so we know the mental and emotional toll competitive running can take. Each session, we use our time with each athlete to share our experiences and help build mental resilience, the importance of team, and an unmatched work ethic while competing.

- Run Clinic is typically scheduled on Wednesday afternoon

WHAT WE BELIEVE

- To be a successful runner, you must run. Our program never takes away from practice, it only adds to the running experience.
- The secret to good running is consistent training. Our program has a strong emphasis on injury prevention and building a firm foundation that integrates with daily training.
- Efficiency in movement aids in performance and prevention. Our program emphasizes each runner's specific pattern and maximizes their bodies efficiency specific to running.

MORE THAN PHYSICAL THERAPY

“Run clinic is my go-to place any time I have pain trying to run. The team are skilled PTs who also have the mind and experience of a runner.” – Will Stone, Homewood HS, Lee University 27x State Champion

“It was instrumental in my recovery from injuries through my junior high and high school. Their expertise and dedication not only got me back on my feet but played a crucial role in my ability to compete at a collegiate level.” – Hunter Harwell, Mountain Brook HS, Auburn University. 3x State Champion

“Run clinic kept me so healthy throughout all of high school—any aches and pains I had the SoHo team quickly helped assess the situation and fix it. I am so thankful for all their help, and I wouldn't be the runner I am today without them!!” – Reagan Riley, Mountain Brook HS, Notre Dame University 23x State Champion

“Run Clinic is the main reason I was able to come back from injury so quickly. The staff truly wants every single person who walks through the doors to succeed.” – Crawford West, Vestavia Hills, University of Alabama 12x State Champion, AL - Mile record holder 4:46

Call TherapySouth SoHo for more information
or to schedule an appointment: [\(205\) 558-6400](tel:2055586400)