



OhioHealth Sports Medicine



BELIEVE IN *SPEED*. BELIEVE IN *PERFORMANCE*. BELIEVE IN *EXCELLENCE*.
RUNNER'S CLINIC FOR STUDENT ATHLETES

The OhioHealth Runner's Clinic is a comprehensive performance center created by runners for runners. We have designed this program specifically for high school and middle school athletes. Our goal is to provide you a personalized assessment to maximize your running performance.

Whether you want to improve your personal record or prevent an injury, we have the experts and technology to help you hit the pavement as a faster, stronger runner — and keep you that way.

Our clinical professionals are all runners and specialize in treating endurance athletes.



OHIOHEALTH SPORTS MEDICINE

Services Offered for Student Athletes at the Runner's Clinic

You will receive a comprehensive evaluation and assessment including:

- + Dartfish video analysis to assess running technique and gait
- + Full musculoskeletal and biomechanical assessment with a physical therapist
- + Nutrition counseling with a sports dietitian
- + Force plate assessment of foot biomechanics

MAX Sports Medicine

3705 Olentangy River Road
Suite 260
Columbus, Ohio 43214

CALL:

(614) 566.1RUN to schedule

EMAIL:

TheRunnersClinic@OhioHealth.com

Group sessions are available for cross country and track teams. Call for details.

OhioHealth.com/SportsMedicine



A FAITH-BASED, NOT-FOR-PROFIT HEALTHCARE SYSTEM

RIVERSIDE METHODIST HOSPITAL + GRANT MEDICAL CENTER + DOCTORS HOSPITAL + GRADY MEMORIAL HOSPITAL
DUBLIN METHODIST HOSPITAL + DOCTORS HOSPITAL – NELSONVILLE + HARDIN MEMORIAL HOSPITAL + MARION GENERAL HOSPITAL
WESTERVILLE MEDICAL CAMPUS + 20 HEALTH AND SURGERY CENTERS + URGENT CARE + PRIMARY AND SPECIALTY CARE
WELLNESS + HOSPICE + HOME CARE + 22,000 PHYSICIANS, ASSOCIATES AND VOLUNTEERS

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