

**OHIOHEALTH**

# Runner's Clinic

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

The OhioHealth Runner's Clinic is a comprehensive performance center created by runners for runners. Our goal is to provide a personalized assessment to maximize your running performance.



**OhioHealth**

# The OhioHealth Runner's Clinic provides:



## VIDEO RECORDING AND ANALYSIS

to assess running technique and gait



## FUNCTIONAL STRENGTH AND FLEXIBILITY ASSESSMENT

with an OhioHealth clinician



## PERSONALIZED EXERCISE RECOMMENDATIONS



## EXPERT RUNNING SHOE EVALUATION



## PERSONALIZED NUTRITION COUNSELING

with a sports dietitian



## OVERALL RESULTS AND RECOMMENDATIONS

from OhioHealth running performance specialists

Call (614) 566-1RUN (1786)

Or email

[TheRunnersClinic@OhioHealth.com](mailto:TheRunnersClinic@OhioHealth.com)

Cost: \$250

### OhioHealth Physician Group

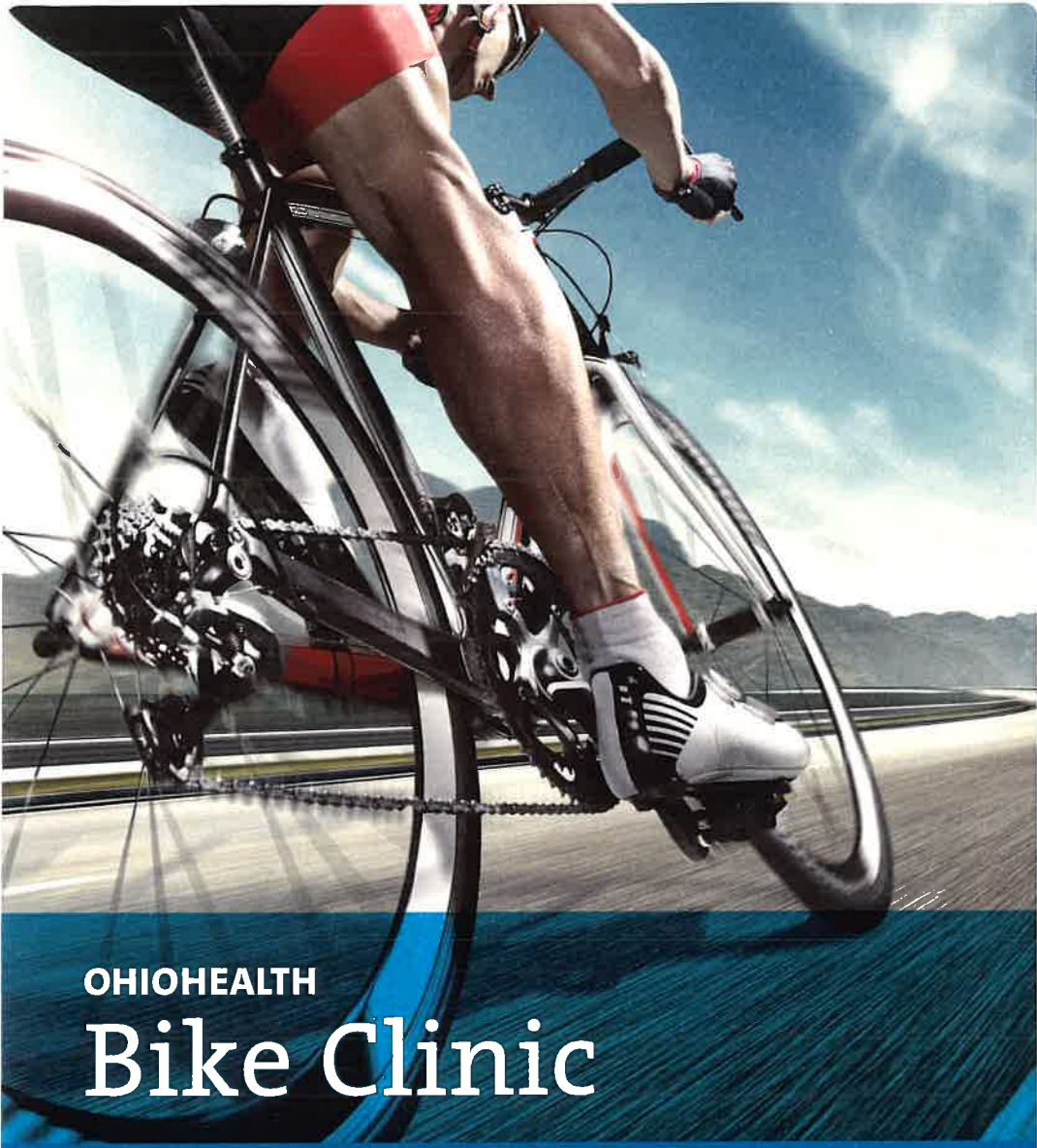
Sports Medicine and Primary Care

3705 Olentangy River Road, Suite 260

Columbus, Ohio 43214

[OhioHealth.com/SportsMedicine](http://OhioHealth.com/SportsMedicine)





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# Bike Clinic

Whether you want to improve your endurance or have suffered injury in the past, we have the experts and technology to help you achieve your personal best.

The OhioHealth Bike Clinic is a comprehensive assessment designed to analyze the biomechanics of an athlete to maximize efficient movement. Our goal is to provide a personalized fitting to improve comfort, increase cycling performance and reduce stress or strain.

# The OhioHealth Bike Clinic provides:



## FUNCTIONAL STRENGTH AND FLEXIBILITY

assessment with an OhioHealth athletic trainer



## PERSONALIZED EXERCISE

recommendations



## VIDEO ANALYSIS

of cycling mechanics



## BICYCLE FITTING

with Dan Wesley, Certified USA Cycling, triathlon coach & bike fitter



## OVERALL RESULTS AND RECOMMENDATIONS

by bike fitter and athletic trainer

Call (614) 566.1786

or email

[PerformanceClinics@OhioHealth.com](mailto:PerformanceClinics@OhioHealth.com)

*Dietitian consultation and sports medicine physician consultations available for an additional cost.*

Cost: \$350

### OhioHealth Sports Medicine Center

6955 Hospital Drive | Dublin, Ohio 43016

[OhioHealth.com/SportsMedicine](http://OhioHealth.com/SportsMedicine)





OHIOHEALTH

# Thrower's Clinic

Whether you want to improve your performance or have suffered injury in the past, we have the experts and technology to help you achieve your personal best.

The OhioHealth Thrower's Clinic helps athletes increase stability, mobility and overall strength. Our experts will analyze the biomechanics of your rotational movements to maximize movement efficiency.

# The OhioHealth Thrower's Clinic provides multiple options to meet athletes' needs.

Our experts are skilled in working with athletes at every stage of the injury recovery process, as well as those who simply want to enhance their performance.

Our clinicians will give you the guidance you need to return to play or perform your best in a safe, effective manner.

**Athletes, teams and groups participating in the clinic will receive the following services. The number of sessions will vary based on the package chosen.**

- + Musculoskeletal movement screening.
- + Video analysis of throwing mechanics.
- + Review of throwing mechanics based on video analysis.
- + Corrective training exercises for proper shoulder mobility and stability.
- + Individulized throwing drills designed specifically to address your athlete's deficits.
- + Follow-up sessions to review videos and compare progress.
- + Guidance for a healthy return-to-throwing progression (if injured).



*The OhioHealth Thrower's Clinic proudly works with athletes of all ability levels.*

**Call (614) 566-1786 or email  
PerformanceClinics@OhioHealth.com**

## **Cost:**

**Two visits – \$200 | Five visits – \$450 | 10 visits – \$800**

*Group and team rates are also available.*





**OHIOHEALTH**

# Golf Clinic

Whether you want to simply step up your golf game or have suffered an injury in the past, we have the experts to help you achieve your personal best on and off the course.

The OhioHealth Golf Clinic is a personalized experience designed to improve your golf performance. Your assessment will be led by a Titleist Performance Institute certified clinician, who will analyze your wellness, biomechanics, functional strength and flexibility.

# The OhioHealth Golf Clinic includes:



## CONSULTATION AND ASSESSMENT

Provided by **Neil Hurford, AT**, a TPI-certified clinician and OhioHealth golf clinic coordinator. Titleist Performance Institute is a world leader in the study of how the human body functions in relation to the golf swing.



## TITLEIST PERFORMANCE INSTITUTE (TPI) SCREEN

This full-body assessment addresses all important aspects of your golf swing, including strength, flexibility and core stability.



## CORRECTIVE EXERCISE PROGRAM

You will receive an individualized plan with golf-specific exercises to help improve your game and overall fitness.



## SWING ANALYSIS

**Neil Hurford, AT**, a TPI-certified clinician will evaluate the biomechanics of your golf swing. Your video analysis will be available to review through our V1 Golf software.

Call (614) 566-1786 or email  
[PerformanceClinics@OhioHealth.com](mailto:PerformanceClinics@OhioHealth.com)

Cost: \$150 per session, with packages available

OhioHealth Sports Medicine Center  
6955 Hospital Dr, Dublin, OH 43016

[OhioHealth.com/SportsMedicine](https://OhioHealth.com/SportsMedicine)

