



## Runner Functional Assessment



- ✓ **Body Composition Assessment**
- ✓ **Strength / Stability Assessment**
- ✓ **Core Endurance / Stability Assessment**

Whether you desire to complete your first half marathon or marathon or you're a seasoned runner who has hit the wall and cannot progress past a certain threshold, we will do our best to help you "Be Your Best."

### **What are the most common causes of runner injuries?**

In our PT clinic, we treat injuries at the foot, ankle, knee and hip most often **due to a lack of multi-directional strength training**. Runners move forward always and need to strength train in the lateral and rotational plane to stretch and strengthen the body tissues. Our evaluation will pinpoint lower body and/or core imbalances in order to educate participants on what to do on non-running days.

### **How can we help prevent injury and improve performance?**

**"The Bowler 10" Assessment** primarily identifies hip (abductor and adductor) muscular strength and stability which simulates ground reaction forces starting from the big toe and up in the early, mid and late support cycle and toe off in gait. Test will be to perform 10 "bowlers" on each leg independently and touch cone. Participants scored or ranked 1 – 5 on mechanics and performance.

**Core Endurance/Stability Assessment** identifies trunk (rear end through rib cage) muscular endurance and stability that is key to maintain upright running posture and hip alignment when running long distance. Test will be to hold plank position for up to a maximum of 120 seconds without compensations. Participants ranked 1 – 5 on time and mechanics.

**Body Composition Assessment** identifies the amount of body fat and lean muscle tissue (which burns the calories) each participant has on his or her frame. A thin body is not always one that is functionally or metabolically balanced. Our goal is to help you "ProForm" Your Best!

**PROFORM<sup>PT</sup>**  
405 Lake Howell Rd.  
Maitland, FL 32751  
(407) 671-0433  
www.proformpt.com