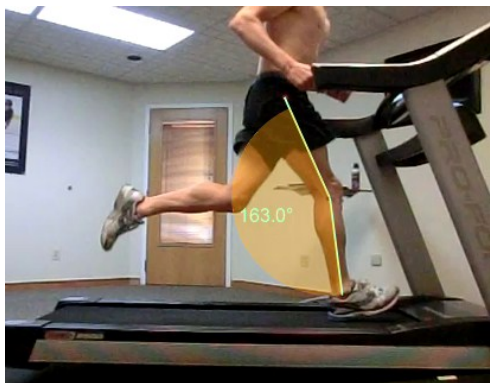


**Still Photos from High-Speed  
Running Gait Video Analysis**



Utilizing a combination of still photos and high-speed video from Dartfish, Ryan will explain his findings to you during the included follow-up session. You will receive a personal copy of these findings on DVD.



**Call us today at (610) 696-5076  
to schedule your  
FLASH™ Running Clinic!**

**[www.flash-pt.com](http://www.flash-pt.com)**

Conveniently located near  
West Chester University and  
just off Route 202:

882 S. Matlack St., Suite 104  
West Chester, PA 19382

**In-and-Out in a FLASH!™**

**FLASH™ Running Clinic**



**As vital to your running success  
as the right pair of shoes!**

## FLASH™ Running Clinic

Are you a runner who has been injured in the past and would like to potentially avoid future running-related injuries? A runner looking to improve your race times? Then FLASH™ Running Clinic is for YOU! FLASH Sports Physical Therapist Dr. J. Ryan Bair is offering a running clinic to assist all runners in reaching their potential.

### Who is Dr. J. Ryan Bair?

Dr. J. Ryan Bair is the founder and owner of FLASH™ Sports Physical Therapy and Performance Center, LLC. He is a residency-trained sports physical therapist who specializes in the treatment and prevention of running-related injuries. Dr. Bair is a runner himself and competed at the NCAA Division I level in cross country and track and field while attending Saint Francis University in Loretto, PA. He has helped many runners in the West Chester area successfully return to running following injury as well as improve their running performance.



### What is FLASH™ Running Clinic?

A one-on-one session that includes the following:

- Strength and flexibility assessment to identify any imbalances that may have contributed to past injuries or place you at a higher risk for future injuries
- High-speed running gait video analysis utilizing Dartfish ProSuite Version 6.0 software to assist you in developing better biomechanics for faster, more efficient running
- Synthesis of information gathered to develop a personalized program for you (including footwear recommendation)!



### FLASH™ Running Clinic Packages

Bronze: \$150

- 60-minute initial session that includes a full strength and flexibility assessment + running gait video analysis + development of personalized home exercise program
- 30-minute follow-up session that includes review of gait analysis findings (personal copy on DVD) + footwear recommendation + brief running gait retraining session utilizing Dartfish Live-In-The-Action

Silver: \$200

- All components of Bronze Package + personalized 8-week running training program to help you achieve your running goals (to be provided at follow-up session)

Gold: \$250

- All components of Silver Package except follow-up session will be extended to 60-minutes, allowing inclusion of manual therapy to address possible deficits that may be limiting your running performance

\*\*10% discount on any package available to West Chester Running Company and Club members and high school and college cross country and track runners

\*\*\*Additional 60-minute follow-up sessions are available to our runners who have already participated in Bronze, Silver, or Gold packages. Each session is \$100. Follow-up sessions may include, but are not limited to: comparative review of initial session vs. follow-up, manual therapy, running gait retraining, and progressive exercise recommendations.