

The Carle Foundation complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-217-383-2543.

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-217-326-0340.

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2300 S. First St., Champaign, IL 61820 | (217) 383-9500 | [carle.org](http://carle.org)  
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# Running Clinic

HARDER. LONGER. SAFER. SMARTER.





# Here to Help.

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## Injured from running?

It doesn't matter if you are running around the block or training for a marathon - injuries happen. Incidence of running injuries can be as high as 79% annually.\* Learning to run is no different from learning to play golf or swim. The proper technique and right equipment can improve your running experience and prevent injury.

At the Carle Running Clinic, our experts can assess how your form, footwear and biomechanics impact your experience. Through one-on-one instruction and video gait analysis, we can get you back to running safely and effectively.

Our goal is to get you back to running harder, longer, safer and smarter.

### APPOINTMENTS

Appointments can be made upon obtaining a referral from a healthcare provider (i.e. physician, physician's assistant or nurse practitioner). Simply request your healthcare provider write, "Eval/Treat - Running Clinic" on the referral. Appointments can be scheduled by calling Carle Orthopedics and Sports Medicine at (217) 383-9500. Appointments will take place at Carle Orthopedics and Sports Medicine, 2300 S. First St., Champaign.

### YOUR FIRST VISIT

- Wear running clothes and running shoes.
- Bring your recent running journal or log of recent mileage over past month(s), *if available*.
- A pair of old running shoes, *if available*.

\*van Gent RN, Siem D, van Middelkoop M, van Os AG, Bierma-Zeinstra SM, Koes BW. Incidence and determinants of lower extremity running injuries in long distance runners: a systematic review. *Br J Sports Med*. 2007;41:469-480.