

Running: Mechanics & Injury Prevention



A Free Community Education Seminar



Irina Stiasny (PT, DPT, FMS-C)



Prina Patel (PT, DPT)

**RUNNING
REVOLUTION**



July 17, 2017 at 6:00 pm
263 N. Mathilda Avenue, Sunnyvale, CA 94086

- Learn how to avoid the most common running injuries
- Understand biomechanics to improve your form
- Find your perfect running shoe fit to match your stride

Join us and other Bay Area competitive and recreation runners to learn about common injuries found in runners. Licensed Physical Therapists Irina (DPT, PT, FMS-C) and Prina (DPT, PT) will demonstrate techniques to reduce injuries from overuse related to improper training mechanics. Also learn how your shoes may be affecting your gait during a guest presentation by Running Revolution owner Chris Schenone.

CALL 408-736-7600 or REGISTER ONLINE
www.breakthroughpt.com/rs17
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