

## RUNWELL CLINICAL STAFF

Robert Wayner, DPT, developed and directs the RunWell performance program. He received his Doctor of Physical Therapy and bachelor's degree in exercise physiology from Ohio University. He competed for four years in NCAA Division I cross country and track. He continues to train and compete in local road races.



Kristi Hess, PT, OCS, is a board-certified orthopedic specialist and works with athletes of all abilities to recover from injury and improve performance.



For more information please call us at **(541) 653-9696** or email us at **RunWell@mycprpt.com**.



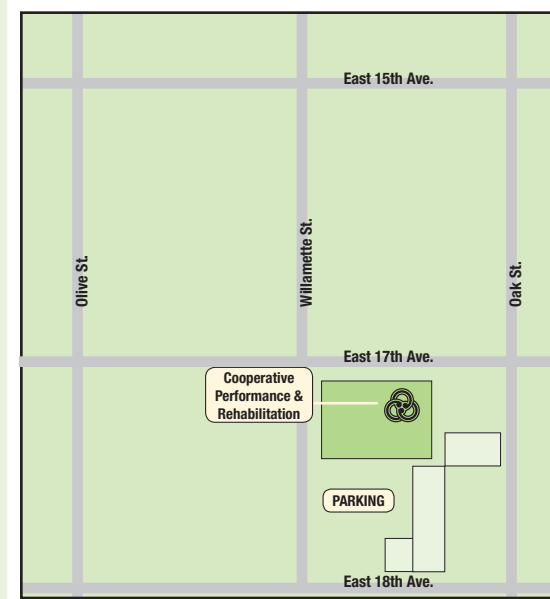
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**COOPERATIVE  
PERFORMANCE &  
REHABILITATION**



*Run Smart,  
Run Strong,*



RunWell is a performance training program designed to improve mechanical efficiency for runners of all ages and abilities, offered by Cooperative Performance & Rehabilitation in collaboration with the University of Oregon Motion Analysis Laboratory

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## RUNWELL LEVELS

## DESCRIPTION

## RUNWELL MENU/REFERRAL

### RunWell Evaluation

- A thorough assessment of your training and injury history
- Treadmill and overground walking and running analysis
- Detailed musculoskeletal examination for posture and lower extremity alignment, functional and specific muscle strength and balance, joint range of motion, muscle flexibility
- Follow-up with report on our findings, customized exercise program, form and footwear recommendations

Sign me up for the option(s) marked below:

- RunWell Evaluation**. . . . . (\$300)
- RunWell Training Package**  
Evaluation +4 sessions. . (\$110/session)  
Evaluation +8 sessions. . (\$100/session)
- RunWell Clinical Gait Analysis** . (\$350)
- RunWell Premier Package** . . . . (\$500)

### RunWell Training Package

- The RunWell Evaluation (see above)
- 4 to 8 sessions of 1:1 instruction in your customized training program with appropriate progression to more advanced exercises and drills

### Laboratory Add-ons

- Foot pressure analysis . . . . . (\$150)
- Biodex muscle torque testing . . . (\$100)

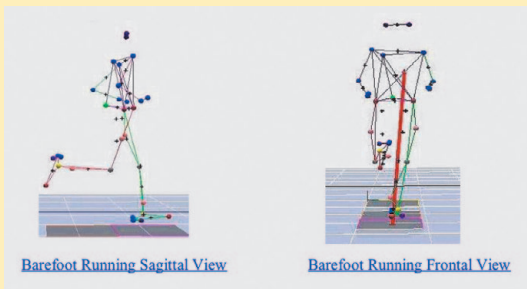
### RunWell Clinical Gait Analysis

- State-of-the-art 3D running gait analysis at the UO Motion Analysis Laboratory
- Follow-up with therapist at clinic to review gait study, educate about form, guide improvement of mechanical efficiency, and promote injury-free running
- Recommendations on footwear, form, and drills to strengthen and promote injury-free running



### Runwell Premier Package

- Begins with exam including overview of your training and injury history and musculoskeletal evaluation
- Followed by state-of-the-art 3D gait analysis at UO Motion Analysis Laboratory
- Follow-up with therapist at the clinic including detailed report of our findings, customized exercise program, form and footwear recommendations



ENTHUSIAST/REFERRAL SOURCE