



PERFORMAX PHYSICAL THERAPY - LIVONIA

19809 Farmington Road, Livonia, MI - 248.888.0077

SEATING IS LIMITED - CALL TO RESERVE YOUR SPOT TODAY!

PerformaX
Physical Therapy

RUNNING SPECIALTY CLINIC

BUILDING BETTER RUNNERS

GLUTE ACTIVATION

THURSDAY, February 16 - 6:30pm (approx 60 minutes)

The term “activating the glutes” is used frequently in running and exercise magazines, often incorrectly. We will provide the most up-to-date information on what this really means, and how you can REALLY turn on one of the most important muscle groups for runners. This will be a learn by doing format, so come prepared to exercise (if able).

COMING IN MARCH

RUNNER'S CORE ROUTINE

We will run a core conditioning session for runners. This will a sampler of key exercises for runners in a fun, hands-on session.

SERVING RUNNERS AND ENDURANCE ATHLETES

- Graston Technique
- Selective Functional Movement Assessment
- Runners Gait Analysis
- Causative Biomechanics Approach
- USATF Certified Coach

www.performaxphysicaltherapy.com