



#### THE PORTLAND CLINIC - DOWNTOWN

800 SW 13TH AVE  
 PORTLAND, OR 97205  
 PHONE | 503-227-0354  
 HOURS | M-F 8AM-5PM

#### THE PORTLAND CLINIC - SOUTH

6640 SW REDWOOD LANE  
 PORTLAND, OR 97224  
 PHONE | 503-924-2269  
 HOURS | M-F 8AM-5PM

#### THE PORTLAND CLINIC - TIGARD

9250 SOUTHWEST HALL BLVD  
 TIGARD, OR 97223  
 PHONE | 503-293-0161  
 HOURS | M-F 8AM-5PM

#### TO MAKE AN APPOINTMENT

Call 503-293-0161 x4138 (Centralized PT Scheduling)

#### ASSESSMENT REQUIREMENTS

Allow 60 minutes for the assessment. Wear your normal running shoes, comfortable running clothing and arrive well hydrated.

#### ASSESSMENT BENEFITS

Injury prevention. Gain strengthening exercises to improve performance. Proper shoe recommendation.

#### APPOINTMENT INFORMATION

Time: \_\_\_\_\_

Location: \_\_\_\_\_

**NOTE:** If you cannot keep this appointment, please cancel by phone at least 24 hours prior to your appointment so that someone else may have the time reserved for you.

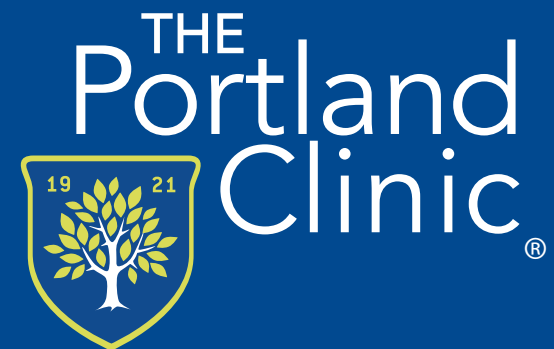
***Our Mission:*** We are a comprehensive medical team committed to making a healthy difference in your life.

*We specialize in you.*



# Running Assessment

*Stop in for your personal assessment today.*





## Fine-tune your form.

Could you be running safer? Faster? More efficiently? Take your running to the next level with an expert running assessment from The Portland Clinic Physical Therapy Department.



### WHY GET A RUNNING ASSESSMENT?

The physical therapy department offers running assessments for all runners, whether you're experienced or just starting out. During a running assessment, our expert physical therapists evaluate your form to detect imbalances or asymmetries - which is one of the main causes of injury. The assessments also help improve performance by fine-tuning your form and providing tips for moving forward, such as strengthening exercises and proper running shoes.

### WHAT TO EXPECT:

In your one-hour session, you'll work with a trained physical therapist to:

- Assess your form for imbalances or asymmetries that could affect performance
- Learn exercises to improve your strength and reduce your risk of injuries
- Learn new techniques and skills to improve your form and performance

### FOOT & ANKLE

Don't let foot and ankle problems get in the way of your progress. From serious concerns to occasional discomfort, The Portland Clinic Foot & Ankle Department treats any conditions that get in your way with the most up-to-date to treatments available. If you're experiencing anything from a callous to a sprain, take a step in the right direction and call The Portland Clinic Foot & Ankle Department.

### FOOT AND ANKLE DEPARTMENT

503-293-0161 ext 2262

Tigard, Downtown, Columbia, Hillsboro

### PHYSICAL THERAPY

The Portland Clinic has a team of well-rounded, highly trained physical therapists here to help you reach your goals. Through a multitude of techniques to decrease your pain and increase your range of motion, our physical therapists will work with you to strength, stabilize, treat, and manage a wide variety of physical disorders.

As a multi-specialty medical clinic, The Portland Clinic physical therapists have direct access to your medical doctors and specialists for increased and efficient communication to better serve you and enhance your treatment.

### PHYSICAL THERAPY (RUNNING ASSESSMENT LOCATIONS)

503-293-0161 ext 4138

South, Tigard, Downtown