



# BROOKS® Rehabilitation

Do you want to  
minimize your risk  
of a running injury?

## Brooks Rehabilitation

### Biomechanical Running Evaluations

A Biomechanical Running Evaluation by a Brooks Rehabilitation expert can get you back on track.

**The evaluation includes:**

- Comprehensive musculoskeletal evaluation
- Comprehensive video running gait analysis using Dartfish video analysis software
- CD of the video gait analysis with results
- Running shoe assessment
- Training program review
- Discussion of all findings & recommendations





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### What to expect

This highly specialized evaluation is performed as part of your formal physical therapy if deemed appropriate by the treating physical therapist, or as a stand-alone service.

Recommendations may include therapeutic exercises, manual interventions, guidelines for a progressive return to your prior running level, and/or modifications to your running form.

If it is performed as part of your formal physical therapy, the service is billed to your insurance company.

If it is performed as a stand-alone service, the cost is \$75.00, payable at the time of service.

### Call Us Today To Get Started...

- If you have an injury: obtain a physician's referral for PT (also known as physical therapy) and call us to get set up for a **Physical Therapy Evaluation** and the **Biomechanical Running Evaluation** will be performed as part of your formal physical therapy.
- For the **Brooks Biomechanical Running Evaluation** only, call us to set up an appointment. No referral from your physician necessary.

Brooks Biomechanical Running Evaluations are currently performed at the following Brooks Rehabilitation location:

**Brooks Center for Sports Therapy**  
*(Inside the Brooks Family YMCA)*  
10423 Centurion Parkway North  
Jacksonville, FL 32256

Please call for an appointment:

**904-854-2090**

BrooksRehab.org

05-0066-0116

