



# Performance Running

Changing Training.  
Changing Lives.

Designed by licensed physical therapists who are passionate about running, Performance Running is unique in that it offers unparalleled insight into the physical requirements and limitations imposed upon runners.

Performance Running is appropriate for all ages and skill levels and covers injury prevention, performance enhancement, injury rehabilitation and education specific to runners. We seek to serve our running community through the promotion of healthy running and improved performance.

## Program Components

### Biomechanical Evaluation Running Analysis

- Video gait analysis using Dartfish Software Technology
- Health History
- Mechanical assessment - ROM, flexibility and strength
- Footwear and/or orthotic assessment, and recommendation
- Personalized exercise planning

### Treatment of injuries

### Strength and Conditioning

- Address strengthening of specific key muscle groups
- One-on-one strengthening sessions

### Education

- Instructional courses for the beginning to advanced runner, coaches, and medical professionals involved in the treatment of runners.
  - *Importance of strength and conditioning for runners*
  - *Training for runners - connecting physiological training to mechanical training*
  - *Common running injuries, prevention and treatment options*

### Online Resource

- Webpage specific to runners to act as a resource for the running community.
  - *Services provided by Performance Running*
  - *Ask the Experts – Post questions to be answered by our PT's*
  - *Connection to social networking sites: Facebook, Twitter*
  - *Links to helpful running sites*

**We can help you:**

*Run or Walk*

*Faster*

*Longer*

*Safely*

*With Less Pain*

*Train Harder*

*Avoid Injury*

*Improve Flexibility*





## Program Directors



### Kara Weigel DPT

- Doctoral degree in Physical Therapy - Baylor University
- Deployed to Iraq as a Captain in the Army where she treated US, coalition & Iraqi forces and civilians
- Ran four years cross country and track for Augustana College in Sioux Falls, SD
- Completed four marathons with a PR of 3:09.52



### Matthew Weigel DPT, ATC

- Director of Gateway Physical Therapy
- Doctoral degree in Physical Therapy - Sage Graduate School
- Bachelors degree in Athletic Training - Augustana College
- Competes in local road races and triathlons

#### Services We Provide:

- Injury Prevention
- Manual Therapy
- Sports Rehabilitation
- Biomechanical Analysis
- The ASTYM™ System
- Running/Walking Clinics
- Custom Orthotics

#### Direct Access:

- You have access to Physical Therapy without a physician's referral
- Immediate diagnosis and treatment of musculoskeletal conditions without delay
- We are Preferred Providers for most health plans
- Our clinic will verify your insurance benefits



#### GATEWAY PHYSICAL THERAPY

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