

Running Performance Clinic

Department of Orthopedic Surgery

KAISER PERMANENTE SOUTH SAN FRANCISCO - HEALTH EDUCATION DEPARTMENT



Run for performance, run for enjoyment, run injury-free...

The Division of Sports Medicine is now offering a comprehensive running clinic for runners and joggers of ALL abilities interested in improving performance and preventing injury.

Each runner will have:

- Video gait analysis
- Biomechanical assessment of strength, flexibility, and core stability
- Shoe fit analysis
- Diet assessment, training and lifestyle assessment

After the session, runners will receive:

- A printed summary with personalized recommendations
- A packet of prescribed stretching and strengthening exercises for injury prevention and performance enhancement.

Our medical team consists of physicians and physical therapists with extensive collective running experience that includes elite competition at the national level.

For a limited time, the Run Performance Clinic will be offered at a special discount, exclusively for Kaiser members at \$199

Your Health Online

Shortcuts to better health at kp.org

kp.org/mydoctor/webcare – personalized, interactive weight management program

kp.org/healthcoach – online health coaching programs

kp.org/healthylifestyles – personalized assessments and action plans for total health

kp.org/10000steps – 10,000 Steps® walking program

kp.org/fitness – help for staying active

Call and schedule a Wellness Coaching Appointment at 1-866-251-4514 to learn more about weight management.

Sessions are free for members.

Health Education Center South San Francisco Medical Center

1200 El Camino Real
SSF, CA 94080

Please call to inquire 650-301-4445