

# The Runners Clinic

St. John's Hospital Athleticare has a specially designed clinic just for runners!

At the Runner's Clinic, runners of all ages and abilities can be evaluated by a sports medicine physician and a physical therapist who have special training and interest in treating runners.

Many runners' complaints are difficult to diagnose through traditional means. That is why we use the **DART TRAINER digital video software.**

This allows us to pick up subtle differences in running form that may be contributing to the injury. The video is reviewed with the runner and any deficiencies are then corrected through a rehabilitation program.

## Services offered include:

- Injury diagnosis, treatment and prevention
- Advice on nutrition and training
- Shoe recommendation
- Custom orthotic fitting
- Training tips
- Running mechanics evaluation
- Performance enhancement through the Acceleration® program.

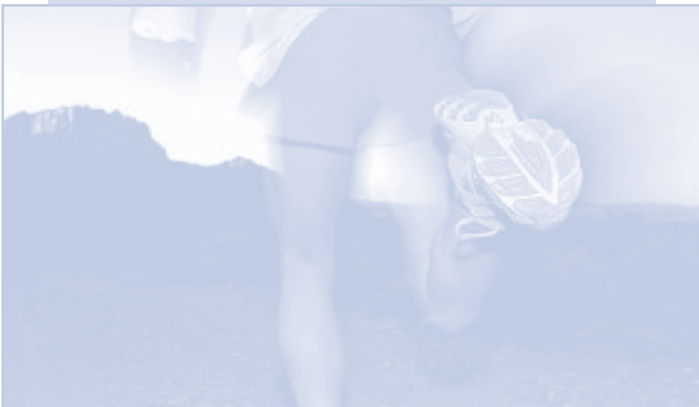
**Call (217) 535-3685 to make an appointment.**

Your HMO may require a referral from your physician.

The Runners Clinic is designed to give runners the extra attention they need to overcome injury. The program helps them to rehabilitate as quickly as possible.

Other specialized features include expert advice on training, diet, shoe selection and orthotics.

Runners will also have an opportunity to improve their performance through participation in the Acceleration<sup>®</sup> program.



St. John's Hospital



3631 S. Sixth Street  
Springfield, IL 62703

# Runners Clinic

Keeping runners  
in motion



**Brett Western, M.D.**  
*Sports Medicine Physician*



St. John's  
Hospital

**AthletiCare**

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