POSITION
What kind of runner are you?
Do you use your back and hip flexors?
Do you have a decreased stride?
Do you feel like one leg is longer?
Does it feel like one leg is stronger or does more of the work when you run?

BREATHING
Do you get side stitches? Neck tension or headaches? Low back tightness? Difficulty catching your breathe? Do you rest well at night? Can you get air out effectively?

PUSH
Do you have dead butt syndrome?
Are you working muscles in three planes of motion?
Are the outside of your quads more developed than the middle and inner portions?
Are muscles developing equally? Do you pull versus push to get your power?

ROTATION
Do you rotate through your rib cage or back? Can you rotate thru your ribs to get power from your glutes to increase stride and power? Do you pump your arms? Is your trunk stiff running?

Are you a Complete Runner?
Maximizing symmetry in a normal asymmetrical human body.


Saturday, March 1st, 2014
8:30am to 12:00pm
Hruska Clinic
5241 R Street, Lincoln

Sponsored by:
HRUSKA CLINIC
Restorative Physical Therapy Services
This clinic is designed for the runner looking to improve performance, hit PR’s, and to avoid injuries. A unique and powerful approach to running in relationship to position, breathing, push, and rotation will be provided through education, demonstration, and a hands on exercise lab time.

INCOMPLETE RUNNERS!

SPEAKER BIOGRAPHY

Lori Thomsen  Lori completed her Bachelor of Biology degree from Nebraska Wesleyan University in Lincoln and her Master of Physical Therapy from the University of Nebraska Medical Center. Lori works at the Hruska Clinic with their unique approach with the Postural Restoration (PRI) science and has earned the designation of Postural Restoration Certified (PRC) as a result of advanced training, extraordinary interest and devotion to the science of postural adaptations, asymmetrical patterns, and the influence of polyarticular chains of muscles on the human body as defined by the Postural Restoration Institute. She is a Faculty Professor thru PRI and teaches to other health care professionals across the country. In her 18 years of clinical experiences she has worked with many high school, collegiate and competitive runners. She has participated in several half and full marathons.

REGISTRATION

DEADLINE TUESDAY, FEBRUARY 25TH,

*PLEASE REGISTER EARLY AS CLASS SIZE IS LIMITED *

Name: ______________________________________________________

Address: ______________________________________________________

City/State/Zip: ________________________________________________

Phone (for confirmation): _______________________________________

E-mail (for confirmation): _______________________________________

* IN THE EVENT OF INCLEMENT WEATHER, THE CLASS WILL BE RESCHEDULED. ATTENDEES WILL BE NOTIFIED 24 HOURS PRIOR TO CLASS.

Register Today!

MAIL this form with payment to:

Hruska Clinic
Attn: Lori Thomsen, PT
5241 R Street
Lincoln, NE 68504
402-467-4545

Fee: $35.00

Method of Payment:

☐ Check (payable to Hruska Clinic)
☐ Visa ☐ MasterCard ☐ Discover

Credit Card # __________________________ Exp. Date __________________________

Name on Card __________________________________________

MAIL this form with payment to:

Hruska Clinic
Attn: Lori Thomsen, PT
5241 R Street
Lincoln, NE 68504
402-467-4545

COURSE AGENDA

Saturday, March 1st

8:00 - 8:30  Check-In and Light Breakfast
8:30 - 10:00 Are you in the correct POSITION? Can you BREATHE?
10 - 10:15  Break (snacks provided)
10:15 - 11:00 PUSH and ROTATION.
11:00 - 12:30 Exercise demonstration and lab