

Running Injury Program



Did you know?

- Running injuries are common. Occurrence rates have even reached 92% in some marathon training studies
- 60% of running injuries have been attributed to training error
- Runners with no prior experience are 2-3 times more likely to be injured
- Some of the most common types of running injuries include: shin splints, stress fractures, achilles tendinopathy, patella femoral pain syndrome, iliotibial band syndrome and hamstring tendinopathy

What is the Running Injury/Performance Program?

- Beacon's Running Program utilizes 2D video analysis to determine abnormal gait mechanics to help reduce injuries and enhance performance for runners, triathletes and athletes of all ages
- The combination of personal and professional experience, combined with technology creates a high caliber program to help you run happy and healthy

Who benefits from the Running Injury/Performance Program?

- Any runner, no matter age, pace or competitive level
- Individuals who have suffered an injury and would like formal physical therapy are able to complete a video analysis and rehab their body back to health
- Individuals who are looking for ways to improve performance by being more efficient with their running style

STAFF

Kristi Link, PT, DPT, MTC, ATC

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Kristi joined our team in 2013. Previously, she developed and managed a running program in Maryland. She worked with runners of many skills levels, along with other athletes from various sports that require running (i.e. lacrosse and soccer). She was a competitive runner throughout her youth and competed in the heptathlon in college. She continues to run recreationally and understands the quandaries that come along with it. She really enjoys the complexity of the treatment of runners and how to use all available resources to treat and prevent injuries and enhance performance. She works out of the Northern Kentucky location.

Erin Stockert, PT

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Erin has been a Physical Therapist at Beacon Orthopaedics & Sports Medicine since 2008 and has been in Physical Therapy practice since 1997. She has been active in sports most of her life but took up running in graduate school. Erin has participated in half marathons and many other races of varying distances. She has taken several continuing education classes on running and biomechanics associated with running and walking along with volunteering for the Crohn's and Colitis Foundation running fundraising group. She is also familiar with and enjoys developing running training programs for varying skill levels. Erin works at the Beacon West location.

Megan Zien, PT, DPT

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Megan has been practicing physical therapy since 2007 with an emphasis in sports medicine and orthopedics. She enjoys treating many types of injuries, especially knee and shoulder injuries, with hands-on therapy and patient education. Her treatment approach is one that allows for the treatment of the whole person, rather than just the symptoms. Megan received her Doctorate of Physical Therapy from Duquesne University in Pittsburgh, PA. Megan works at the Summit Woods, Sharonville location.

LOCATIONS

Beacon Northern Kentucky (Erlanger)

(859) 905-1017

600 Rodeo Dr.

Erlanger, KY 41018

Beacon Summit Woods (Sharonville)

(513) 389-3666

500 E-Business Way

Sharonville, OH 45241

Beacon Western Hills

(513) 354-7777

6480 Harrison Avenue

Cincinnati, OH 45247

PRICING FAQs

Is this program covered by insurance?

Yes! Most providers will cover physician prescribed Physical Therapy visits. These particular visits will focus on rehab specific to running.

What if I'm not injured or want/require additional visits?

Initial Visit - \$125.00

Subsequent Visits - \$75.00/each