

# Take advantage of our Running Performance Program



Beacon's Running Performance Program seeks to enhance performance and reduce risk of injury for runners, triathletes and athletes of all ages. We utilize video analysis and our sports medicine expertise to identify abnormal gait mechanics which cause runners injury and reduced efficiency.

Runners of all ages and competitive levels can benefit from this program. Individuals who have suffered an injury or individuals who simply seek to enhance their running performance can both benefit from our video analysis technology to track mechanics and range of motion.

## **Did You Know...**

- 92% of marathon runners experience some kind of running injury at some point
- 60% of running injuries can be attributed to training error
- Runners with no prior experience are 3 times more likely to experience injury
- The most common running injuries, often preventable, are:
  - Shin Splints                      - Achilles Tendinopathy
  - Stress Fractures                - Hamstring Tendinopathy
  - IT Band Syndrome              - Patella Femoral Pain Syndrome

Learn more about  
Beacon's variety of  
services by visiting  
[www.beaconortho.com](http://www.beaconortho.com)

**Western Hills Location**  
6480 Harrison Ave.  
Cincinnati, OH 45247  
513-354-7777

**Summit Woods Location**  
500 E Business Way  
Sharonville, OH 45241  
513-389-3666

**Erlanger KY Location**  
600 Rodeo Drive  
Erlanger, KY 41018  
859-905-1020

Connect with us @beaconortho:



# Our elite Staff puts you a step ahead of the competition



## **KRISTI LINK**, DPT, Manual Therapy and Athletic Training Certified

Kristi joined Beacon in 2013 after spending several years managing a running program in Maryland. She currently works with runners of all ages who participate in a variety of sports at our NKY location and as an avid runner herself, greatly enjoys helping athletes achieve their goals.

## **MIKE RYAN**, DPT and Certified Strength and Conditioning Specialist

Mike joined Beacon in 2014 after graduating with his Doctorate in Physical Therapy and specializes in sustained lower extremity injury treatment and prevention. When he's not at our Beacon Summit location, Mike is working with athletes at Morehead State University as their lead physical therapist. As a recreational runner for over 10 years, he understands challenges runners face and has a passion for helping them overcome those obstacles.

## **ERIN STOCKERT**, PT

Erin has been a Physical Therapist with Beacon since 2008 and has worked in the field since 1997. Erin has furthered her education by taking several classes on running specifically and the biomechanics associated. She enjoys running competitively and creating a variety of running programs catered to patients at our Beacon West location.

## **Pricing Information**

**Initial Visit: \$125.00**

**Return Visits: \$75.00**

\* If recovering from an injury, most insurance providers will cover physician prescribed Physical Therapy visits, which our program qualifies as.

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