

# How do you **move** when you run?



**Charm City Run** has partnered together with **Physio**, a leading provider of physical therapy, to help you improve performance and prevent injury by measuring exactly **how YOU move** when you run, with the **dorsaVi Running Assessment**.

**This cutting-edge technology** uses revolutionary wireless wearable sensors to evaluate and measure a range of running metrics including ground reaction forces on each leg, acceleration/deceleration, ground contact time and cadence critical to injury prevention and improving performance. Physio's licensed physical therapists and running specialists use this information along with video gait analysis and clinical examination to identify a corrective plan to help a runner run more efficiently and prevent orthopedic injury.



**Coming Soon:** *Physio will become NovaCare Rehabilitation*

**Packages and Pricing on reverse side.**

## **Running Assessment Packages and Pricing:**

**In-Store Running Assessment:** 20-30 minute DorsaVi running assessment with wearable sensors conducted on our store treadmill. Includes a brief video and a corrective plan based on your results. **Price \$75.**

**In-Store Assessment with Fusionetics:** Same as the in-store running assessment, with the addition of **Fusionetics**. Fusionetics takes your analysis to another level by combining an assessment that identifies faulty movements that contribute to poor running form and injury with the DorsaVi running assessment. The combination of this information gives us a more detailed picture of specifically where your issues lie and the corrective plan to achieve your goals. **Price \$90.**

**In-Clinic Assessment:** 60-90 minute DorsaVi running assessment with wearable sensors conducted on a treadmill in a Physio clinic. Includes a full running history and orthopedic exam, full gait analysis video and a corrective plan based on your results. **Price \$175.**

**Monitoring Session:** Starts in a Physio clinic where you get sensors to wear before going outdoors for a run on the course of your choice, coming back later to download data. We then provide a brief video on treadmill and provide a corrective plan based on your results. Ideal for long distance runners to measure how higher mileage, fatigue and changes in terrain affect your form. **Price \$75.**

### **In-Clinic Assessment and Monitoring Session:**

The in-clinic assessment combined with the outdoor run and monitoring session. Includes a full running history and orthopedic exam, full gait analysis video and a corrective plan based on your results. **Price \$200.**

**For more information on the DorsaVi or to schedule an appointment, please contact:**

#### **PHYSIO**

8885 Centre Park Drive  
Columbia, MD 21045

**T: 410.730.1275**

#### **PHYSIO**

6100 Daylong Lane  
Suite 203  
Clarksville, MD 21029

**T: 410.988.9466**



**Coming Soon:** *Physio will become NovaCare Rehabilitation*