

Run Smart

Performance Program



Cleveland Clinic Sports Performance Programs

Whether you're an elite athlete coming back from an injury or an enthusiastic amateur looking to take your game to a new level, Cleveland Clinic Sports Health performance programs can help you.

Our team of sports physical therapists, certified athletic trainers, certified strength and conditioning specialists, and exercise physiologists tailors sports-specific performance programs to individuals of all ages and skill levels. They'll help you hone your technique and enjoy a longer, healthier playing career.

Playing 'smarter'

We offer several sports performance programs for individuals and groups: *Golf Smart*, *Jump Right* (ACL injury prevention), *Match Fit* (soccer), *Run Smart*, *Throw Right* (baseball, softball) and *Train Right*.

You'll meet with our Sports Health team for testing, instruction, supervised training and exercise progression.

About Cleveland Clinic Sports Health

Cleveland Clinic Sports Health is one of the largest practices of its kind in the nation. Surgical and medical specialists from the Orthopaedic Program ranked No. 3 in the nation by *U.S. News & World Report* join physical therapists, athletic trainers, exercise physiologists and sports nutritionists in providing comprehensive injury care and prevention for amateur and professional athletes.

How *Run Smart* Can Help Athletes

Run Smart is designed to help you improve your running performance. A comprehensive evaluation allows us to tailor recommendations about running technique, strengthening and stretching programs, and shoe selection to your needs. You'll also gain a thorough understanding of your body mechanics and physiologic capabilities.

Evaluations include:

- body composition testing
- strength and flexibility assessments
- videotaped gait analysis

Running injuries will be assessed and treated by our Sports Health physicians, and you'll be coached on injury prevention. We will also set up a conditioning program and training schedule that targets those areas you wish to improve, such as:

- running form
- overall endurance
- race time

Fees

- \$110 evaluation and program design fee for individuals
- \$25 per training session for individuals

**To sign up for *Run Smart*, call
877.440.TEAM (8326).**

To learn about group rates for your team and to find a list of locations for *Run Smart* sessions, please visit
sports-health.org/performance.



9500 Euclid Avenue, Cleveland, OH 44195

The Orthopaedic & Rheumatologic Institute is one of 26 institutes at Cleveland Clinic that group multiple specialties together to provide collaborative, patient-centered care. Our physicians, scientists and engineers pursue excellence and innovation in the care of patients with joint, bone, muscle, connective tissue and immune disorders. Cleveland Clinic is a nonprofit, multispecialty academic medical center. Founded in 1921, it is dedicated to providing quality specialized care and includes an outpatient clinic, a hospital with more than 1,000 staffed beds, an education institute and a research institute.

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