

"PUT THE FUN BACK IN YOUR RUN"

GAIT ANALYSIS CLINIC



Is your running starting to become more of a slog?

Plagued by aches and pains, fatigue and low energy?

The source of the problem frequently is revealed in your gait.

Gait analysis can help detect issues affecting runners, walkers and hikers including but not limited to alignment issues, tight muscles, strength imbalances, and improper footwear. Join Kathleen Doehla, MS PT, sports medicine/orthopedic specialist, owner of Points North Physical Therapy, and longtime runner for a fun gait analysis clinic. We will look at your gait, collaborate on solutions and come up with a plan to put the pride back in your stride!

Kathleen Doehla, M.S. P.T., is a licensed physical therapist and owner of Points North PT, her outpatient orthopedics/sports medicine clinic in Stowe. Doehla graduated with honors from Hamilton College, and received her M.S. in physical therapy from the Medical College of Virginia in 1999. She has advanced manual therapy training in myofascial release, muscle energy, joint and spinal alignment techniques, and energy work through the Center for Integrative Manual Therapy in Hartford, CT. Doehla is a triathlete, masters swimmer and locally competitive trail runner and mountain biker.

Thursday, June 9 • 9:00-11:00am

with Kathleen Doehla, M.S. P.T.

Sign up to secure your 10 minute slot at the front desk or call us at (802) 253-9229

Free to attend