

## ***Physical Therapy & Movement Education***

- Physical Therapy    · Manual Therapy    · Injury Prevention    · Treatment
- Videotaped Analysis · Sports Massage    · Postural Training    · Education

Pete Szymanski, PT, IOC, CFMT

Karen Voss Szymanski, MS, OTR

Running Well™ Seminars Weekend Format! November 12 & 13, 8 to noon

We now offer our same great form training program in one weekend. You will finish with greater awareness of what running efficiency feels like and how to achieve it. You will leave with the “take home tools” needed to integrate your form training with your 2006 running season.

### **This Program is For Anyone!**

**Novice to Experienced Athletes**

**Multi-Sport Athletes**

**For Injury Prevention & Healthful Living**

We videotape your current biomechanics in walking & running, provide an analysis.

Applied exercises & drills are tailored to you. Karen & Peter work together to provide you with one on one attention to maximize your learning.

Repeated videotaped analysis over the weekend so you can see your progress and receive a take home program of the drills you learned.

**Goal:** To achieve a program of movement efficiency & form that’s right for you and to assist you with body awareness for you to learn to make positive changes in your form for any type of running

### ***What Makes Our Program Work is Our Focus on Injury Prevention***

The program is based on your body’s biomechanics and motor learning for optimal performance. We to teach you joint stress reduction, efficiency in joint range and muscular strength. We have the “know-how” and pass it on to you in the form of high skill & drill repetition. This, combined with body awareness is required in re-training your nervous system to attain and retain efficient movements. ***It all starts with you!***

***Experience running with efficiency & renewed energy!***

***Take it on by contacting Karen or Peter & get started now!***

**Call or email for more information. 303-458-9660 [info@CatalystTherapies.com](mailto:info@CatalystTherapies.com)**