



Sports & Physical Therapy

# Getting Back to Pain Free Running

**“After working with the staff at Rebound, I understand the paramount importance of proactively identifying and treating biomechanical issues before they create an injury.”**

**~ Kara Roy**

2009 Colorado Marathon Women’s Winner  
2008 Olympic Trials Marathon Qualifier

## What we can do for you:

- Answer any questions you have regarding injuries and prevention
- Injury Consultations to determine a specific diagnosis, simple corrective actions, need formal treatment, or refer to a medical specialist.
- Email us to answer questions or set up an injury consultation.

[rebound@reboundssportspt.com](mailto:rebound@reboundssportspt.com)

**In the November newsletter we will discuss:**

Foot and Ankle Pain

Rebound Sports & Physical Therapy is partnering with The Colorado Marathon to provide runners with a useful resource, months in advance and leading up to race day!

Rebound’s clinical staff of 10 Physical Therapists, 3 Massage Therapists, and 1 Acupuncturist has treated hundreds of runners of all ages and abilities. These runners have been successfully treated at Rebound by not only treating symptoms, but uncovering root causes of their running imbalances. Our staff is also trained to incorporate injury prevention strategies that can be used for a lifetime of pain free running. Rebound has worked with nationally ranked runners, high school state champions, and those attempting to complete their first 5K/10K, half marathon, or marathon.

If you would like more information about our services, please visit [www.reboundssportspt.com](http://www.reboundssportspt.com). If you need an answer to a specific injury question, email us at [rebound@reboundssportspt.com](mailto:rebound@reboundssportspt.com). We look forward to helping you every step of the way!

## Success Stories from fellow runners

“Rebound’s ability to diagnose and successfully treat complicated, even mystifying, injury issues for my coaching clients, both recreational and elite runners, has been nothing short of astounding. Carrying the same skill to an injury prevention program is the natural evolution of Rebound’s interest in providing top level support to anyone interested in sports or fitness. I’d highly recommend a diagnostic check for any distance runner who wants to stay healthy and on top of their training program.”

**~ Jon Sinclair, Running Coach  
Anaerobic Mgmt. West, World Class Professional Runner**

“Two years ago I went to Rebound as a last ditch effort to stop hurting when I ran. I had tried massage, chiropractors and acupuncture. The therapists at Rebound got me pain free in only a few sessions and has continued to be a very important part of keeping my body healthy, happy and running! I have run 3 marathons and PR'd the Denver Marathon. I don't know what I would do without the amazing therapists and staff at Rebound!!”

**~ Jaclyn Shaklee**

**Get better. Be your best. Run on.**

Loveland, Colorado

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Fort Collins, Colorado

[www.ReboundSportsPT.com](http://www.ReboundSportsPT.com)