Occupational Therapy and Physical Therapy

Cincinnati Children's

The Sports Medicine Biodynamics Center presents The Runner's Clinic

About the Clinic

The Runner's Clinic consists of a complete biomechanical examination from head to toe in order to better assess the underlying impairments which may be contributing to pain with running.

The clinic utilizes 2-D video analysis software along with a runner-specific biomechanical examination in order to provide our patients with a detail orientated approach to diagnosing and correcting biomechanical flaws for a quick return to running. Our multi-disciplinary team consists of sports medicine physicians and sports physical therapists with years of experience in diagnosing, treating, and preventing running injuries in both pediatric and young adult runners.

Important Running Facts:

- 2-3x body weight in force occurs with every step
- Average runner takes 1400 steps per mile
- Up to 65% of all runners are injured annually
- Running gait analysis is one key in preventing running injuries
- Observation with the naked eye, often times, cannot effectively analyze running gait
- The Runner's Clinic uses motion analysis software to analyze running form.

What will I receive from the Runner's Clinic?

- CD-ROM of your performance with detailed notes
- Home stretches, exercises, and drills to meet identifiable needs
- Sports Physical Therapy care for injury treatment
- Gait retraining tips
- Shoe-ware analysis
- Orthotic recommendation/fitting (as needed)

How do I schedule an appointment?

- The Runner's Clinic is by appointment only. Please call us directly at 513-636-7333.
- To schedule an appointment with a sports medicine physician, please call us at (513) 803-HURT.

Where is the Runner's Clinic held?

The Runner's Clinic is conveniently located at two locations:

- The Sports Medicine Biodynamics Center of Cincinnati Children's Hospital at 2800 Winslow Avenue, Suite 3100
- Liberty Sports Physical Therapy located at the Liberty Campus of Cincinnati Children's Hospital at 7777 Yankee Road

What if I have questions about the Runner's Clinic?

- Please contact Jeff Taylor-Haas, PT, MPT, OCS, CSCS at 513-636-8707 or send an email to jeffery.taylor-haas@cchmc.org.