

You are invited!



 **Carolina Physical Therapy**
and Sports Medicine

RUNNING SEMINAR

Join-us in attending our **FREE** Running Seminar!

Hosted by Carolina Physical Therapy and Strictly Running.

Leading this expert-level seminar is Carolina Physical Therapy's running specialist and Doctor of Physical Therapy, Dr. Brandon Young.

Top 5 Running Related Injuries:

Prevention Tips and Treatment Strategies

- 1. Runners Knee**
- 2. Shin Splints**
- 3. Achillies Tendonitis**
- 4. Plantar Fasciitis**
- 5. IT Band Syndrome**

March 11TH

@ 6:00 PM

Strictly
RUNNING
COLUMBIA, SOUTH CAROLINA

2515 Devine St
Columbia, SC 29205



www.carolina-pt.com

Dr. Brandon Young - Doctor of Physical Therapy