



| Package                             | What's Included  | Price         |
|-------------------------------------|--|---------------|
| <b>RunWell Base 2-Pack</b>          | <b>Over the course of 2 visits:</b> <ul style="list-style-type: none"> <li>● Assessment of your training and injury history</li> <li>● Video Motion Capture running analysis</li> <li>● Musculoskeletal examination including: posture and lower extremity alignment, strength, flexibility, and balance</li> <li>● Detailed report on running and physical exam findings</li> <li>● Recommendations for running form and/or corrective exercises</li> </ul> | <b>\$400</b>  |
| <b>RunWell 4 Pack (Recommended)</b> | RunWell Base 2-Pack with 2 additional follow up appointments to progress your customized training and reassess your progress <ul style="list-style-type: none"> <li>● Implementation of customized training program to fit your specific needs</li> </ul>  | <b>\$600</b>  |
| <b>RunWell 8 Pack (Best Value)</b>  | RunWell Base 2 Pack with 6 additional follow up appointments   | <b>\$1100</b> |

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**(Call or Email now for more information )**