

Treatments

-Running Analysis

Blake Marlia, Doctor of Physical Therapy, has attended multiple continuing education courses to assist runners with efficiency and form. He is an avid runner and enjoys endurance and trail running in the Eagle and Elkhorn Mountains. Blake has developed a running video analysis, performed in the clinic, to visually assess runners. From the analysis he can assess components of your running form, including technique/biomechanics and efficiency. The running analysis also includes injury prevention, training ideas, pacing, and education on proper footwear.