

The HARTZ Running Clinic

The HARTZ Running Clinic was developed to improve your running experience. Are you currently injured, new to running, or just looking for expert analysis? You can benefit from a detailed 1-on-1 running analysis performed by a physical therapist who is also an avid runner! Schedule an appointment with Drew Nesbitt, DPT who will analyze your specific biomechanical and musculoskeletal running form. Based on your results, Drew will recommend various stretching and strengthening exercises as well as any modifications that may



that may be beneficial in achieving your running goals! He will also offer training outlines for your successful completion of any running race from a 5K to a marathon.



Drew Nesbitt, DPT started his running career at Hempfield High School where he was a two time PIAA state medalist, then went on to NCAA Division II East Stroudsburg University where he won multiple conference championships, and is currently still competing with Inside Track's Racing Team notably winning the 2008 edition of the Red Rose Run.

While Drew relies on his own running experiences when treating fellow runners, he places greater emphasis on his physical therapy education and his coaching experiences. Drew has helped coach at the high school and collegiate levels. Drew understands your desire to reach your potential and invites you to EXPERIENCE THE DIFFERENCE of the HARTZ Running Clinic. Please call for more details and to schedule an appointment.

HARTZ Physical Therapy

90 Good Drive
Lancaster 735.8880

www.hartzpt.com

100 Highlands Dr
Lititz 625.2228