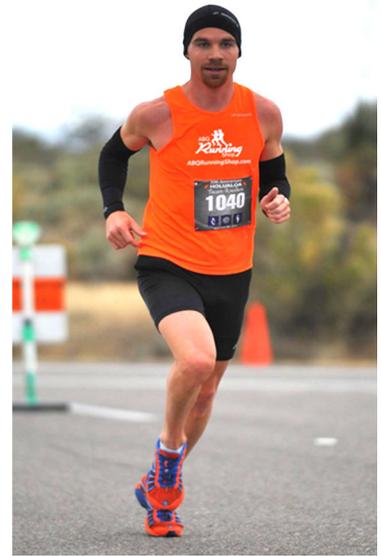




Drew Nesbitt, DPT started his running career at Hempfield High School where he was a two time PIAA state medalist, then went on to NCAA Division II East Stroudsburg University where he won multiple conference championships, and is currently still competing with the F&M Track Club notably winning the 2015 Hands on House Half Marathon.

Will Running Too Much Hurt Your Body?

Want to increase your mileage, but concerned about the effect that might have on your body? Learn how to run harder, more often and longer distances without killing yourself! Avid runners and physical therapists, Drew Nesbitt and Bobby Longenecker of the *HARTZ Physical Therapy Running Clinic* love helping people with a running habit, whether it is identifying the root cause of pain while running* or helping runners of all levels improve the quality of their run. Using video analysis, Bobby and Drew analyze each participant's running biomechanics, then work 1-on-1 with runners helping them to correct poor habits or physical limitations.



Bobby Longenecker started his running career at Lancaster Mennonite HS. Throughout college, he continued running and formed the Penn State marathon club, marathon training class and worked in a running gait analysis lab. Bobby is currently still competing with the F&M Track Club and has had multiple marathon victories.

* If you have a running injury, we recommend scheduling a physical therapy evaluation prior to participating in the running clinic.

HARTZ Running Clinic

Whether you are new to running or have been running marathons for years, all runners can benefit from a detailed one-on-one analysis of your running technique performed by a physical therapist, who is an avid runner! You will take home concrete recommendations about how to make your running form more effective and productive.

Schedule an appointment with **Drew Nesbitt, DPT** or **Bobby Longenecker, DPT** who will analyze your specific biomechanical and musculoskeletal running form. Based on your results and goals, we will recommend various stretching and strengthening exercises as well as any modifications to your current running program.

While we rely on our own running experiences when treating, we place greater emphasis on our physical therapy education and clinical experiences. As runners ourselves, we completely understand your desire to reach your potential and invite you to call for more details and to schedule the first of two appointments. The HARTZ PT Running Clinic is currently seeing patients at our Lititz Office: 100 Highlands Drive, Suite 100, Lititz, PA.

For more information, call 717-625-2228 or email dnesbitt@hartzpt.com or blongenecker@hartzpt.com

HARTZ
Physical Therapy