



**Western
Pennsylvania
Sports Medicine &
Rehabilitation Clinic Inc.**

Effective Therapy from Experienced Professionals

5 Locations to Serve You!

Berlin: **814.267.4393**

Ebensburg: **814.472.9070**

Richland: **814.269.9606**

Somerset: **814.445.7727**

Westmont: **814.255.6814**



Step Outside to Walk or Run

People enjoy walking or running for a number of reasons. For many, it's a simple form of exercise. For some, it's about 'the freedom of the road' and 'being one with nature', while others find it an effective way to decrease stress.

Walking or running helps condition the body and improve blood circulation. Regular walking is associated with a healthier heart and a greater sense of well-being. For those who like to run, the right with appropriate footwear helps minimize injuries.



When you work with a physical therapist, you can expect to learn the right movement techniques to minimize strain on your muscles and joints. Physical therapists can also help runners increase muscle strength and improve joint range of motion. This helps decrease stress on the runner's body and improves overall performance.

Injury Prevention with Physical Therapy



A physical therapist can identify muscle imbalances and improper joint alignments. The physical therapist will conduct a detailed evaluation, which includes an analysis of gait, foot alignment, upper body strength, hip alignment and spine alignment.

With an adjustment of running technique and correction of muscle imbalances, the therapist will get you on your feet so that you can walk (and possibly run) if your body allows it.

The best thing for you to do right now is to contact us and ask for an evaluation of your movement patterns before you start a walking or running program. We can help you plan ahead. We can also create a rehabilitation program if you are currently experiencing any discomfort while walking or running. Your body deserves the right kind of care, and we can help you. Let us help you prepare for your journey.

SPOTLIGHT



**Frank T. Zock,
PT, SCS, ATC**

BS: Physical Therapy, University of Pittsburgh
Board Certified: Clinical Specialist, Sports Physical Therapy
Member: American Physical Therapy Association

A Portage native, Frank has spent his career specializing in Orthopedic and Sports Physical Therapy. As a Certified Athletic Trainer and Specialist in Sports Physical Therapy, Frank has treated numerous high school, college and professional athletes. This considerable experience can also help you when you have pain or an injury.

Call us today for an evaluation of your condition.

CALL TODAY TO SCHEDULE YOUR APPOINTMENT!

**927 Menoher Blvd.
Johnstown, PA 15905
814.255.6814
Fax: 814.255.7963**

What about insurance?

We accept and bill most major insurance plans including:

- Highmark Commercial Plans
- UPMC Plans
- UPMC For You
- Medicare
- UPMC For Life
- Security Blue
- Aetna
- Cigna
- Geisinger
- Workers Compensation
- United Healthcare
- Tricare (VA)

Not sure if we accept your plan?

Call 814.255.6814
and we will check for you!

Call today to schedule in one of our 5 convenient locations.

The Mechanics of Motion

If you plan on stepping outside to walk or run, expect your physical therapist to teach you the right 'mechanics of motion'. With the proper walking and running technique, you can avoid injury and improve muscular endurance. Here are a few things to consider:



- The right degree of flexion in your knees and elbows is important to reduce strain on your joints.
- Posture is important. In fact, your entire technique is dependent upon your posture for efficiency and safety.
- An appropriate range of motion helps minimize injuries and improve running technique.
- Proper stride length is an important aspect of efficiency and injury prevention.
- Proper rhythm, or cadence, will help you to minimize injury by eliminating unnecessary overuse of your muscles.
- Coordination between your upper and lower body is an important aspect of running technique.

Our Many Specialty Areas Deliver Outstanding Therapy Solutions.

- Graston Technique® Treats Scars, Adhesions and Muscle Injuries
- Initial Injury Evaluation
- Sports Injury Rehab
- Balance Therapy
- Orthopedic Physical Therapy
- Industrial Rehabilitation
- Neurological Rehab
- Foot & Ankle Therapy
- Hand Therapy
- Pre and Post-surgical Orthopedic Rehab
- Sports Performance Enhancement Programs
- Silver Sneakers Program

Western Pa Sports Medicine & Rehab Offers



Transportation Services For Our Patients!

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