

SIGN UP
TODAY



956-
994-8880

RUN DNA WORKSHOP

A WORKSHOP ON INJURY PREVENTION STRATEGIES AND UNDERSTANDING THE SOURCE OF RUNNER'S PAIN



LIMITED SPOTS
AVAILABLE



APRIL 13, 2024



10:00 AM

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Do you love
running but
struggle with
frequent injuries?

DURING THIS WORKSHOP, YOU WILL:

- ✓ Learn the correct running techniques to optimize performance and minimize the risk of injury.
- ✓ Understand the most common running injuries and how to prevent them.
- ✓ Obtain a comprehensive analysis of your running form and gait.
- ✓ Receive a tailored exercise program to address your specific needs.

SCAN ME



DR. FRANK GARZA
CEO, PT, DPT
RUNDNA CERTIFIED



JOSEPH R. RUIZ
PTA
RUNDNA CERTIFIED

5413 N 23rd St, McAllen, TX 78504
WWW.PURE-PHYSICALTHERAPY.COM