



DOCTOR
OF
PHYSICAL
THERAPY
PROGRAM
EST. 2012



presents:

MOVE TO IMPROVE

Optimizing athletic performance

LOCATION: ROAD RUNNER SPORTS

5553 COPLEY DRIVE SAN DIEGO, CA 92111

SATURDAY OCTOBER 14TH 10:00-2:00PM

EVERYTHING FREE & OPEN TO THE PUBLIC

RAFFLE PRIZES: ROAD RUNNER GIFT PACKAGES, FIT BITS, PADRES TICKETS & MORE!

COME BY SDSU BOOTH AND GET **25% OFF** YOUR ROAD RUNNER SPORTS PURCHASE

LEARN HOW TO **INJURY PROOF YOUR BODY WITH LOCAL PHYSICAL THERAPY CLINICS AND BOOTHS SPECIALIZING IN:**

- BACK, HIP, KNEE, & ANKLE PAIN
- SPORTS CONCUSSIONS
- CORE STRENGTHENING
- POSTPARTUM RUNNING
- FOAM ROLLING
- KINESIO (KT) TAPE
- YOGA/PILATES
- MYOFASCIAL RELEASE
- MASSAGE TABLES
- HOW TO USE RESISTANCE BANDS
- FUNCTIONAL MOVEMENT SCREENS
- BALANCE/POSTURE ASSESSMENT
- NUTRITION

PLUS MANY MORE!



Physical Therapists
IMPROVE
the Way You
Move[™]