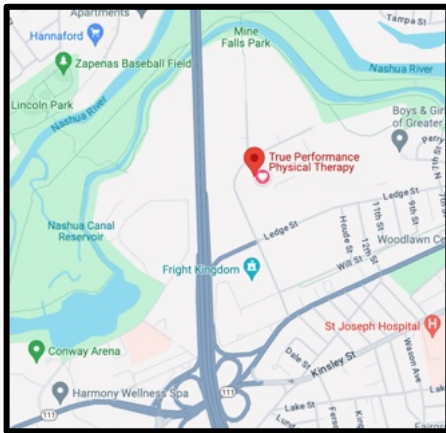




## Your Journey with Run Analysis Starts Here

*We look forward to seeing you soon.*

### ADDRESS



#### True Performance Physical Therapy

39 Simon Street | Unit 6 | Nashua NH 03060

Office Phone | 603 - 417 - 3976

Fax Line | 603 - 589 -1211

Business Hours | See Google for Updates

#### Questions?

Email | [Sean@TruePerformancePT.com](mailto:Sean@TruePerformancePT.com)

### ATTIRE

You should wear your normal running attire, as well as your **most worn-down running shoes** to allow for the best assessment of your 'true' running form. We recommend pants/shorts where the top portion hits along the 'belt line level' and not high waisted versions, for the best results. You can also bring any items that make yourself comfortable such as a water bottle, electrolytes, etc. The gait lab is your space, the time is reserved just for you.

### ASSESSMENT

A licensed clinician will review your medical history, current problems, exercise routine, and goals. When you are setup within gait lab, you will have several high-tech monitors placed on your clothing, as well as a video analysis system running. For the test, you will run at your "training pace" for approximately 10 minutes. Afterwards your results will be reviewed with you, following a cool down period.

### ARRIVAL

We ask that you arrive 15 minutes early to use the restroom and warm up prior. This may include the use of tissue work, stretching, dynamic warm up patterns, or prep drills. The gym area and the equipment are all open for you to use upon arrival. You can get started right away when you arrive without needing to check in. After warming up, your assigned clinician will direct you to the gait lab. Prior to the appointment, please make sure you have the following:

- Completed Intake Forms Online**
- A Form of Payment (Cash, Credit Card, or Check)**
- Your Patient Portal Username & Password Available**



## *- Directions -*



### **Coming from Route 3 NORTH**

When on Route 3 North, take Exit 5 for NH-111 toward Nashua / Pepperell Ma. This is a two-lane exit, stay in the left lane to pass by Exits 5E and 5W. Take Exit 5A for Simon Street. When getting off the ramp, take a left at the stop sign to get onto Simon Street. When the road curves, there will be a hill to your right and look for the North Crest Executive Park sign with the entrance on your side right.

### **Coming from Route 3 SOUTH**

When on Route 3 South, you will need to loop around. Take Exit 5 for NH-111 toward Nashua / Pepperell Ma. Then immediately take Exit 5E, which is NH-111 East onto West Hollis Street. Stay in that lane, since immediately afterwards you will take the next on ramp for Route 3 North. Go pass by 5W and take Exit 5A for Simon Street. When getting off the ramp, take a left at the stop sign to get onto Simon Street. When the road curves, there will be a hill to your right and look for the North Crest Executive Park sign with the entrance on your side right.

*If you have any remaining questions, please feel free to email or call us anytime!*