

FREE Running Stability Scan

——— USATF-LI Members ———

Get a personal digital image of your postural balance and symmetry levels.

If you suffer from foot pain, runner's knee, plantar fasciitis, calf strain, or hip pain and are seeking relief, Jonas Chiropractic Sports Injury Care can help you return to pain-free running. We don't just treat the injury but get to the root cause to prevent future injury. Most injuries are due to structural asymmetry and muscular imbalance that contributes to inefficient biomechanics resulting in injury and loss of performance. Your FREE 3D Bodyview Running Stability Scan will:

- Detect muscular asymmetry and structural misalignment throughout the body that are causing strain and lead to injury
- Allow for focused individualized treatment to restore your body's equilibrium



Improved balance & symmetry will:

- Increase stability and strength
- Reduce tension, aches and discomfort
- Improve running form with better biomechanics
- Greatly reduce the risk of future injury

Correcting muscular imbalance and structural misalignment contributes to better performance and increased biomechanical efficiency.

CALL (516) 921-1295 Today
to schedule your FREE Stability Scan. *You must bring this flyer.*

THE ATHLETE'S CHOICE™

JONAS®

CHIROPRACTIC
SPORTS INJURY CARE



Dr. Jon DeGorter is part of the Jonas Chiropractic Sports Injury Care team. Dr. DeGorter specializes in treating runners and triathletes, and is well versed in injury prevention and rehabilitation — *keeping athletes doing what they like to do!*

Dr. DeGorter is USATF-Long Island Chair of the Sports Medicine Committee