

Helping Runners at all Levels Stay Injury and Pain-Free

RunWell is another specialized program offered at OrthoWell designed exclusively for running enthusiasts looking to improve performance or to avoid the common injuries known to sideline runners, including:

- Knee pain such as patellar or ITB tendonitis
- Foot pain such as plantar fasciitis
- Shin splints
- Ankle or hip pain

RunWell 3-Step Conditioning & Training

No matter if you're a casual weekend jogger or training for a race, staying active and pain-free starts with your off-road work to improve mobility, strength, and stability. The RunWell 3-Step Conditioning & Training Program was designed to combine mechanical analysis with customized exercises, safely preparing each individual to maintain long-term running health.

Step 1: Biomechanical Evaluation.

Your bio-mechanical evaluation will be a running-specific assessment of your entire body to identify areas of stiffness, weakness and/or muscular imbalance that may be adversely affecting your running performance.

Step 2: Video Gait Analysis.

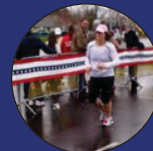
Your frame-by-frame video gait analysis provides visual reference helping you connect the findings from your bio-mechanical analysis to your running form.

Step 3: Customized Corrective Exercises.

Create a customized plan for corrective exercises, including specific strategies to optimize your running performance and reduce the risk of future injury.



Our Clients Say It Best...



"After OrthoWell, my second marathon time was better than my first....when I was ten years younger!"

-Cathy H.



Chris Dukarski

Physical Therapist, Owner

Chris Dukarski founded OrthoWell PT with the goal of helping patients and local businesses to stay healthy and injury free. He has treated orthopedic and sports injuries for nearly 3 decades. He has created a team of therapists and trainers that will maximize your results in minimal time

Let's Do this Together

- ★ Come on in for a **FREE** running and injury screening
- ★ Utilize our team of doctors of physical therapy, massage therapists and personal trainers
- ★ Train one-on-one in our clinics to maximize your performance
- ★ Receive 24 Hour priority booking for a **FREE** Injury Screening



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