

FREE Movement Clinic by McLeod Sports Medicine- Saturday, May 14th, 9 am- 11 am

A free drop in clinic for Runners, Walkers, and Triathletes of all abilities who want to get the most from their training, stay injury free, and learn more about the proper mechanics.

Activities Include: 3D Video Gait Analysis, Kinesiotaping, Injury Screenings and Injury Prevention, Blood Pressure Screenings, Nutrition Advice, and Tactics to Personalize your Training.

For more Information, call McLeod Sports Medicine at 843-777-8167.