



Reduce Running Injuries

Are you a runner? Do you want to be a runner? Check out these tips for staying injury free on those runs!

Source: [Erson Religioso III, DPT, FAAOMPT](#)

1. Listen to your body
2. Pay attention to your mood
3. Remember the benefits
4. Pace doesn't matter
5. Don't over think it

Full Article

Ready to get back to running? Do you have questions

about rehabilitation after a running injury?

[Make an appointment](#) with our team today! We would love to help you return to what you love!





Questions?

We are happy to answer any and all questions you might have about our services and how we can help

Call us at 757-578-2958 or send us an email at info@restorativetherapyco.com!



Copyright © 2021 Restorative Therapy Company, All rights reserved.

Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list.

