

Runner's Injury Clinic @ Excel Physical Therapy

A Specialized Program for Runner's Injury Treatment & Prevention

Whether recovering from an injury or training to prevent one, our running specialist helps you to stay in top form with running injury treatment and prevention for all ages and abilities.

Jason Lunden, DPT, SCS of Excel Physical Therapy is a board-certified clinical specialist in sports physical therapy. A nationally-recognized speaker on running injury rehabilitation, Jason has extensive experience in identifying and treating faulty running mechanics to get you back on the road to recovery.



- Comprehensive physical therapy evaluation to assess your injury cause(s). Complete examination and treatment of acute and chronic injuries; including low-back pain, plantar fasciitis, shin splints, achilles tendonitis, IT band syndrome, knee pain, strains and sprains, stress fractures
- Running-specific muscle imbalance assessment; includes flexibility and strength testing
- Video analysis of running gait and biomechanics; frame-by-frame analysis to detect problems in running form
- Footwear analysis and recommendations; analysis of foot structure and mechanics and current shoe selection
- Running-specific exercise prescription to enhance strength, flexibility and to minimize re-injury

Getting Started Call 406.556.0562 to schedule your Runner's Injury Clinic appointment today.

Jason Lunden, DPT, SCS
Clinical Sports Specialist

"Jason, Thank you for all of your help getting my IT band back into good shape this spring. I ran the **Ridge Run** on Saturday, and my legs felt great the whole way."
—Bozeman Patient

excel
physical therapy

Specialized Orthopedic and Sports Rehabilitation

Bozeman

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Manhattan

220 Wooden Shoe Lane
406.284.4262



Jason offers Free Running Injury Screenings @ Bozeman Running Company during the summer months to evaluate your need for a Runner's Injury Clinic appointment and provides you with self-help tips. Text EXCELPT to 22828 to join the Excel Physical Therapy mailing list or sign up at excelptmt.com for upcoming dates.