



CRAY PHYSICAL THERAPY

# FALL WORKSHOPS

**Sept. 28th 6:30 - 7:30 PM**

***Common Running Injuries and Tips to Avoid Them***  
***Shawn Cray, DPT, CSCS***

*Running can be life changing when done properly. Shawn will teach you about the biggest concerns with running; Shin Splints, Runner's knee, Iliotibial band (ITB) syndrome, Achilles tendinitis, Plantar fasciitis, Hamstring strain and Piriformis syndrome.*

**Please register in our clinic for this workshop.**

**Oct. 21st 9 AM- 11AM**

***Dry Needling Sessions - Cynthia Lucas, DPT***

*Dry needling is a specific clinical technique used to treat myofascial (muscular) pain. The technique uses a “dry” needle, one without medication or injection, inserted through the skin into painful areas of a muscle*

**Please register in our clinic for this workshop. Each session will be 20 minutes in length.**

**Oct. 26th 6:30 - 7:30 PM**

***Causes of Lower Back Pain- How to Avoid Them***  
***Shawn Cray, DPT, CSCS***

*There are many possible causes of low back pain, some of which include poor muscle strength, flexibility, or movement patterns. During this workshop and treatment demo, you will learn about the most common types/conditions of low back pain and what you can do to reduce the likelihood of it happening to you!*

**Please register in our clinic for this workshop.**

**Nov 13th 5:30 - 7:30 PM**

***Dry Needling Sessions - Cynthia Lucas, DPT***

*Dry needling is a specific clinical technique used to treat myofascial (muscular) pain. The technique uses a “dry” needle, one without medication or injection, inserted through the skin into painful areas of a muscle*

**Please register in our clinic for this workshop. Each session will be 20 minutes in length.**

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