



SPORTS AND ORTHOPEDIC LEADERS **PHYSICAL THERAPY**

Sports and Orthopedic Leaders is a full-service wellness clinic, offering top-notch physical therapy, performance care, performance training, massage, pilates, and acupuncture. We accept a variety of insurances, and are able to bill out of network as well. We also have a full menu of cash services available. We have a highly skilled staff, dedicated to providing the best service available. We have been voted “Best in the East Bay” 3 out of the past 4 years!

We are proud to partner with Lake Merritt Joggers and Striders, to help keep them running well, and safely! Just by being a member of LMJS, you can receive a special discount on any of the following cash services:

- **SOL Peak Performance Training for Runners: 10% off each session**
- **Unlimited Use of the G-Trainer by Alter G: \$200 per month**
- **50 minute Massage: 10% off**

Just mention Lake Merritt Joggers and Striders when you call, and we'll be happy to schedule your session!

Sports + Orthopedic Leaders
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www.solpt.com



ATTENTION RUNNERS:

Are you training for a 10k, Half or Full Marathon?

Want to take minutes off of your PR?

Looking for a fun, effective, and affordable way to cross train?

We have your answer!

SOL PEAK PERFORMANCE: TRAINING FOR RUNNERS

WORK ONE ON ONE WITH A CERTIFIED ATHLETIC TRAINER TO
CREATE AN INDIVIDUALIZED TRAINING PROGRAM, COMBINING
CUTTING-EDGE CORE TRAINING TECHNIQUES WITH THE
ADVANCED TECHNOLOGY OF THE **ALTER G ANTI-GRAVITY
TREADMILL**



ALTER G
Defy Gravity



**FOR MORE INFORMATION, AND TO SCHEDULE, CONTACT
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