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RUNNERS REHABILITATION IN THE UNITED STATES

Millions of Americans run, and injuries (iliotibial band syndrome, stress fractures, or tendinitis) affect up to 70% of runners annually. Specialized clinics and programs focus not only on treatment but also on prevention, using advanced technologies like 3D gait analysis and video analysis. This helps runners of all levels – from amateurs to professionals – quickly return to activity and improve performance.

Runner rehabilitation in the USA includes:

- assessment and diagnostics – gait analysis on a treadmill, 3D scanning to identify imbalances, etc.;
- treatment: medication, physical therapy, and some non-pharmacological methods (hydrotherapy, dry needling).
- return to running, using so-called «graded programs»;
- prevention, which may even include educational courses and certifications.

In the United States, there is a network of specialized centers, often affiliated with universities or hospitals. For example, the Spaulding National Running Center (Boston, MA) specializes in the diagnosis, treatment, and prevention of injuries, including video gait analysis. It is one of the leading centers in the United States, focusing on runners of all ages. The Stanford Runner's Injury Clinic (Stanford, CA) offers individualized rehabilitation plans and emphasizes collaboration with elite athletes and the integration of university research.

These centers often offer both in-person and virtual sessions, and their wide range of specializations allows them to provide rehabilitation for runners of all skill levels and budgets.

Running rehabilitation in the United States is a professional sports medicine system that combines diagnosis, treatment, and prevention; it's not just treatment, but an investment in long-term health. Thanks to advanced technologies (video analysis, 3D gait scanning) and personalized programs, runners quickly return to training and reduce the risk of recurring injuries.