

Who We Are

Blog

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[Running from Injuries: Part 3](#)



What is an Offseason?. Why does our body have the propensity to get overused so seemingly easily when we were made to move? Through patient interactions, I typically identify that running is an outlet to release stress. Thus, there is no off season when it comes to the opportunity to monopolize on stress reduction. When we were younger, multi-sport participation was the norm. There was track season, cross country season, soccer season, or whatever else you may have fancied. As we age, time beco...

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Quality over Quantity. Running has become an increasingly popular sport, especially here in Portland. I tend to find that if someone is not currently a runner, they have been at some point, or plan to become one in the near future. Due to the prevalence and the relative ease of access of the sport, runners often begin running without having a template for what is right and what is wrong in terms of form and training. This makes running really unique and also amazing because so many people...

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Do you love running, but seem to be constantly held back by nagging aches and pains? Perhaps all you need is a small tweak to your training. Although we tend to think that we all perfectly fit the mold of one training program, we unfortunately are all different beings that necessitate INDIVIDUALIZED training programs. If you are looking for a modification of a current training program or looking for a new program that can account for individual differences or injury, it's time to ask y...

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[Crossfit is everywhere... is it for you?](#)



Crossfit is everywhere... is it for you? More and more people are talking about and participating in CrossFit; you probably have friends who are doing it and maybe you have considered trying it but are not totally sure what CrossFit entails. This article will break down what CrossFit is and how to make sure you don't sustain an injury while trying to get in shape! CrossFit is a high intensity training regimen that is characterized by workouts that are short, intense, and constantly v...

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[Kevin Love NBA Finals Concussion](#)



Kevin Love's NBA Finals Concussion You've probably heard that Kevin Love sustained a concussion in game two of the NBA finals when he took an elbow to the head. Love has been trying to return ASAP, but the Cavs continue to have him in the concussion protocol. What is the concussion protocol? The NBA has its own guidelines for concussion management. In the NBA, most colleges, and a lot of high schools- at least around here- most athletes undergo baseline testing pre-season t...

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