Runners Program & Gait Analysis

Designed for anyone living an active lifestyle!

Barton’s Runner’s Program is a comprehensive approach to the evaluation, diagnosis and treatment of running and day-to-day related injuries. Our expert Physical Therapists and ultra-marathon runners, Alan and Caroline Barichievich, know the importance firsthand of proper running mechanics as it relates to optimum performance and achieving your maximum potential.

Common running and overuse injuries include:

- Patellar Tendonitis
- Patellofemoral/Knee Pain
- IT Band Syndrome
- Planter Fasciitis
- Achilles Tendonitis
- Muscle Strains
- And other overuse injuries

Whether you challenge yourself on the road or the trail, Barton’s Runners Program is designed to:

- Evaluate & access foot mechanics through video gate analysis (land & treadmill)
- Discuss strategies to successfully modify your running gait
- Design custom orthotics to help optimize your true potential
- Improve running and alter mechanics needed to achieve superior outcomes
Comprehensive Runners Assessment Program - $150*

Extensive evaluation
Video gait analysis – land & treadmill
Customized orthotics (additional $110*)

Orthotics Assessment - $160*

Basic foot assessment
Customized orthotics included

* Orthotics are orthopedic devices used to alter or modify foot function and are designed to treat, adjust, and support various biomechanical foot disorders. Using the FASTTECH technology, Barton’s physical therapists use the same customized system used and trusted by the US Marathon Team. (The cost may be covered by insurance, subject to co-pays and deductibles.)

Two Convenient Locations:

Barton Rehabilitation
Barton Memorial Hospital
530.543.5896
2170 South Ave.
South Lake Tahoe, CA

Barton Rehabilitation
Stateline Medical Center
775.589.8953
155 Highway 50
Stateline, NV

Meet Barton’s Trained Experts

Alan Barichievich, M.S., P.T.

Alan received his bachelor’s degree from Washington State University and graduated from University of the Pacific with a Master of Science in Physical Therapy. Upon moving to Lake Tahoe, he became an avid snowshoe and trail runner and has now completed more than 30 ultramarathons (50k – 100 miles).

Caroline Barichievich, M.S., P.T.

Caroline received her bachelor’s degree from University of Notre Dame and graduated from University of the Pacific with a Master of Science in Physical Therapy. She has been a competitive runner for over 20 years and is the 2010 Nevada State 50 Mile Trail Champion. Caroline enjoys competing in multi-distance races ranging from 5K - 50 miles.