



## WHAT WE DO

- Running specific physical therapy and performance training using cutting edge technology to get you back to running as fast as possible.
- Science based strength and plyometric programming with proven results.
- Detailed gait assessment, strength testing, force plate assessments.

**IMPROVE YOUR RUNNING  
STRENGTH & PERFORMANCE**

## WHO WE SERVE

- Paul has worked with some of the top high school runners in the state of Tennessee, and runners of all levels from beginners to elite.
- High School Team Strength Program - Options to work with the entire high school program. Other schools in the region have already implemented this and are currently experiencing the benefits.
- Individual Runners looking to get a competitive edge by maximizing their running specific strength and running economy.
- Runners with an injury that is limiting them from running at their peak performance.

## TESTIMONIALS

**Colin Eckerman - Furman University**  
*Tennessee 2023 XC State Champ*  
*2024 1600m State Champ*

"Since July 2023, I've had the pleasure of working closely with Paul Wilson. What sets Paul apart is his unique approach to physical therapy, he delves deeper into understanding my specific needs as a runner. Together, we've crafted a personalized strength training regimen that targets my strengths and weaknesses, resulting in remarkable improvements in my performance. Paul's dedication to his craft is evident in every session. His commitment to my success extends beyond the clinic walls, as he provides ongoing support and guidance to help me reach my goals."

**Farragut High School**  
*Head Cross Country Coach*  
*& Track Coach*

"Our team started working with Paul at the beginning of the 2024 season. He has been a great asset to our strength program this year. He takes time out of his busy schedule to teach the athletes each exercise and is always accommodating when we need to adjust things. I would recommend Paul to any team that is looking to develop a strength program specifically for our sport."

**Colleen Little, PT, DPT, OCS**  
*Team Physical Therapist*  
*& Strength Coach*  
*Nike Bowerman Track Club*

"Paul is one of the best when it comes to working with runners, not only for rehab, but even more importantly, for performance and injury prevention. He takes the time to make programs specific to each athlete's needs and goals which is sometimes hard to find. Paul stays on top of all the recent research and implements new ideas constantly into his programming. If you want to improve your running and decrease your risk of injury, I couldn't recommend Paul more."

