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Encompass Health Valley of the Sun to host 4th annual amputee running clinic on March 23

GLENDALE, Ariz., March 11 - On Saturday, March 23, Encompass Health Valley of the Sun Rehabilitation Hospital will host its 4th annual Amputee Running Clinic to help amputees relearn the skills needed to safely start running again.

Participants will be inspired and educated on how to safely train when running with a prosthetic device. The free event will be held at Grand Canyon University on the Prescott Intramural Field at 9 a.m. with registration beginning at 8:30 a.m. The event will be held rain or shine and lunch will be provided.

The Encompass Health Amputee Running Clinic is offered at no cost for amputee runners of all ages. Participants will have access to test state-of-the-art components for use and training purposes. Runners are encouraged to bring family members and caregivers to support them as they participate in the event. Out-of-town visitors can reserve hotel accommodations at Grand Canyon University Hotel at www.gcuhotel.com.

“We are grateful to help people return to the things they love or try a new activity after encountering a debilitating illness or injury,” said Lonnie Coughran, physical therapist assistant and organizer of the Encompass Health Amputee Running Clinic. “Through this clinic and working alongside dedicated partners, we have helped many who have experienced limb loss regain their confidence and return to something they thought might not be possible.”

An RSVP is requested and may be directed to Diane Hendrix at 623-334-5423 or diane.hendrix@encompasshealth.com. You may also register online at <http://ehc.news/amputee-running-clinic>. If you are unable to RSVP in advance, same day walk-ups will be permitted. Please provide your weight, measurement from socket to ground, and type of attachment: pyramid or block if you know this information. You will also be asked to provide your cotton unisex T-shirt size. If you do not have access to a computer, contact Diane Hendrix at 623-334-5423.

Serving as this year’s sponsors are Encompass Health Valley of The Sun, Grand Canyon University, Arise Prosthetics, Ottobock, Prosthetic Orthotic Associates, Pongratz Prosthetics and Orthotics, Arizona Disabled Sports, Össur and Hanger Clinic.

About Encompass Health Valley of the Sun Rehabilitation Hospital

Encompass Health Valley of the Sun Rehabilitation Hospital is a 75-bed hospital that offers comprehensive inpatient and outpatient rehabilitation services. These programs are designed to return patients to leading active and independent lives. Serving patients throughout the Phoenix Metropolitan area and is located at 13460 N. 67th Ave. in Glendale and on the web at www.encompasshealth.com/valleyofthesunrehab.

About Encompass Health

As a national leader in integrated healthcare services, Encompass Health (NYSE: EHC) offers both facility-based and home-based patient care through its network of inpatient rehabilitation hospitals, home health agencies and hospice agencies. With a national footprint that includes 130 hospitals and 278 home health & hospice locations in 36 states and Puerto Rico, the Company is committed to delivering high-quality, cost-

effective, integrated care across the healthcare continuum. Driven by a set of shared values, Encompass Health is the result of the union between HealthSouth Corporation and Encompass Home Health & Hospice, and is ranked as one of Fortune's 100 Best Companies to Work For. For more information, visit encompasshealth.com, or follow us on our [newsroom](#), [Twitter](#) and [Facebook](#).