

BRC Gait Analysis Lab

Gait Analysis for Injury Prevention

Step 7
Overall Summary

Step 6
Benchmark

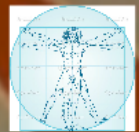
Step 5
Strength and coordination

Step 4
Flexibility and range of motion

Step 3
Soft tissue Assessment

Step 2
Optogait

Step 1
Posture assessment



Running form is largely determined by posture. Imbalances or distortions here will present as movement patterns while running. During this step the following tests and measurements are used:

- muscular strength test
- girth measurements
- standing posture assessment
- leg length discrepancy test

scheduling

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[Schedule your gait analysis](#)

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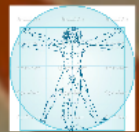
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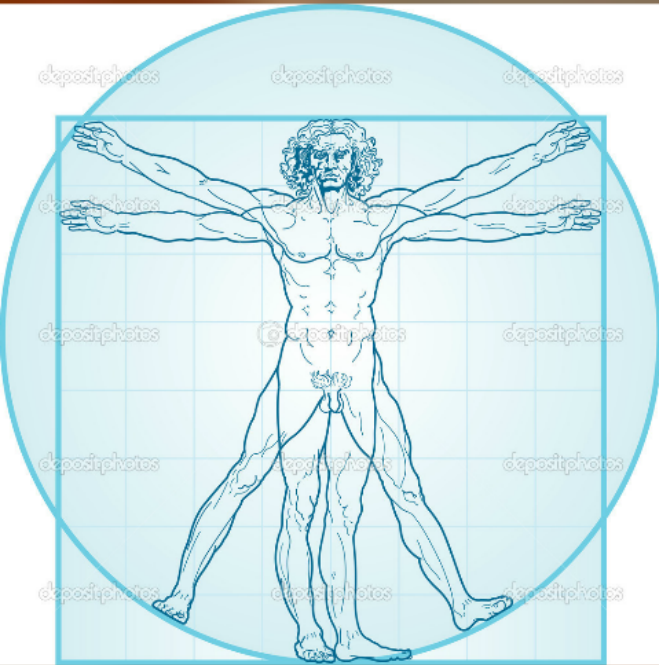
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Step 1

Posture assessment



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Step 2

Optogait





On to the treadmill. Here right vs left leg measurements are gathered through 2 HD 30 mps cameras and the state-of-the-art Optogait gait analysis system. Measurements taken in this step include:

- range of motion differences at the hip and knee
- stance time right vs left
- flight time right vs left
- initial contact right vs left
- dynamic posture while running

OPTOGAIT

Roosel Potluge GAIT TREADMILL 5 KMH - BAREFOOT 04/09/2011 17:04:27 Roosel Potluge GAIT TREADMILL 5 KMH 04/09/2011 17:02:38

Gait Report

				TS	TS-T1	
				Test 04/09/2011 17:02:38	%	
Lengths	Step length (cm)	Left	70.881.1 (CV 1.8%)	71.485.7 (CV 0.8%)	0.7%	
		Right	70.752.2 (CV 1.8%)	70.881.8 (CV 2.8%)	1.8%	
	Diff		-0.7%	-0.8%	2.3%	
	Stride length (cm)	141.633.3 (CV 1.8%)	142.367.4 (CV 2.7%)	0.8%		
Gait parameters	Stance phase (%)	Left	70.981.1 (CV 1.8%)	71.485.7 (CV 0.8%)	0.7%	
		Right	70.857.2 (CV 1.8%)	70.756.8 (CV 1.7%)	-0.3%	
		Diff		0.3%	0.4%	2.4%
	Doting phase (%)	Left	33.121.1 (CV 3.7%)	32.932.7 (CV 2.3%)	-1.5%	
		Right	33.871.3 (CV 4.2%)	33.139.8 (CV 2.6%)	-0.7%	
		Diff		-1.3%	-0.2%	-0.8%



Step 3

Soft tissue Assessment

In most cases, by step 3 the causative factors to a current or potential future injury have become quite clear. In this step we begin the process of determining the initial corrective actions.

Improving asymmetrical soft-tissue tension of the postural muscles of the shoulder, back, and hip is often the first process the runner needs to work through.



Special care needs to be taken such that this work is done on true causative factors to a current or past repetitive motion injury.



This process can take several weeks of daily work.

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Step 4

Flexibility and range of motion



In this step we begin the process of refining corrective actions. By simplifying attributes of the gait analysis to basic movement patterns while standing, sitting, or lying, we often learn where specifically we need to spend time relaxing, loosening, or lengthening soft tissue to allow for more balanced movement while running.

Step 5

Strength and coordination



Here we learn how and if any deficits or imbalances in flexibility and range of motion have resulted in muscle inhibition or weakness.*

** Note: The process of strengthening a 'weakness' through a strength exercise is often recommended too early. If tissues are not prepared for strengthening, tension imbalances will continue and adaptation to the strength stimulus will be inhibited.*

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Step 6

Homework

You will receive a write up via email 2-3 business days after your analysis. This document will outline the next steps that are to be done, with pictures and videos where needed. Clients are urged to ask any and all questions about their assignment...



Being consistent with the recommended corrective actions is often the biggest barrier to ones success to healthy running.



Generally next steps involve new habits and routines that the runner can do on their own at home. In some cases, however, it is recommended to see a massage therapist, physical therapist, orthopedist, or other health practitioner. If this is the case we will direct you to the best fit for your based on the results of your analysis.

ask any and all questions



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Step 7

Check-in Sessions

Often times a 40-60 minute session is needed 6-12 weeks after the initial gait analysis. During this session additions to homecare, adjustments to exercises, or further suggestions are given based on the results of the homework and effect this has had on the gait.

scheduling

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Feel free to contact us at:

admin@bostonrunningcenter.com

6178475055

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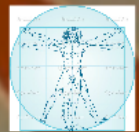
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