

Running Gait Analysis

Biomechanical Assessment for Runners and Sports People



FEET IN FOCUS
Podiatry & Musculoskeletal Services

www.feetinfocus

RUNNING GAIT ANALYSIS / BIOMECHANICAL ASSESSMENT

Do you have a running injury, would you like to improve your performance or avoid injury?

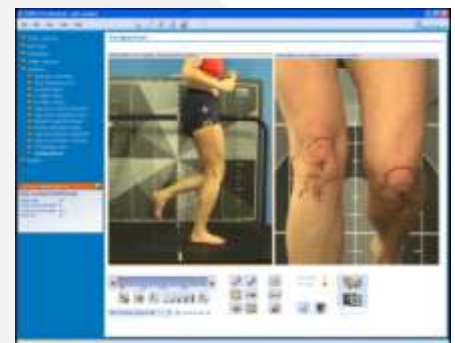
With the help of our specialised gait analysis equipment and software and the expertise of our HCPC registered podiatrist we are able to analyse your running method and posture to treat your injuries, help improve your running technique to minimise the risk of injury and improve your performance.



Video Gait Analysis (back&side)



Trainer Prescription Video



Gait Analysis (front&side)

Our Assessment includes:

- Assessment and diagnosis of any injuries.
- **Full body posture assessment.**
- Biomechanical profiling (foot shape, muscle flexibility, leg length Etc).
- **Video gait analysis of running gait with trainer analysis.**
- Concludes with treatment recommendations which may include trainer, exercise or orthotic advice to combat poor muscle imbalances and poor foot mechanics.
- **Assessment carried out by an experienced podiatrist (a specialist in foot and body mechanics).**
- The assessment costs £110 and takes 45-60 minutes.
- **Call today to book your assessment (02920) 644900.**
- Ideally please bring shorts, t-shirt for ladies a gym style crop top is ideal (or whatever you feel comfortable wearing), trainers, examples of commonly worn shoes, and any old orthotics.

General conditions commonly treated include:-

Foot and heel pain, plantar fasciitis, ankle pain, shin splints, calf pain, hip pain, knee pain, Iliotibial band syndrome, buttock pain, lower back pain, postural problems, flat feet and leg length differences

Running Injury Risk Factors

- Novice Runners • Increased Mileage • + 40 Miles/Week • Previous Injuries
- Incomplete Rehab • Ignoring Symptoms • Pre-Existing Injury • Poor Trainers
- Poor foot mechanics • Inadequate muscle strength and flexibility • Inadequate warm up