



Instructions for Runner's Clinic and Video Gait Analysis

1. Complete intake paper work;
 - Questionnaire
 - Consent/Release

 2. Bring with you to your appointment;
 - Current running shoes and insoles/orthoses.
 - Old running shoes and insoles/orthoses.
 - Running tops and bottoms. * The more "skin" that is viewable the more accurate our assessment will be. Stretch fabrics are better than loose clothing.

 3. Current training log, if available.

 4. Protocol:
 - Review of history and intake questionnaire.
 - Physical evaluation of running-related musculoskeletal structures and function (included in Runner's Clinic package only).
 - Warm-up on treadmill 5-10 minutes.
 - Video analysis of bare-foot running from back, front, left and right.
 - Video analysis of running with shoes/orthoses, as above.
 - Analytical digital review of video, discuss biomechanics as they relate to injury and/or performance.
 - Discussion of stretching, training tips, accessory exercises, running drills, etc.
- *Be prepared to run/jog on the treadmill for up to 20 minutes.
- *A copy of your video will be made for you upon request, but will likely not be available for pick-up or mailing until at least the next business day.