

Biomechanical Video Gait Analysis

Sign Up now for your appointment. **Cost \$75.00 Ask for Chad P or Phil P.**

What's involved?

- 15 to 25min Video recording session performed at an outdoor site to record your natural running form from 3 different angles.
- 7-10 days later second appointment to review video with thorough biomechanical analysis of most important components of running stride.

You will receive

- CD of video taken
- Still frame photos illustrating key points of your stride pattern
- Written summary of points and recommended course of action.
- Recommended exercises, drills, and stretches based on results of your individualized analysis.

Why have gait analysis performed?

With information gathered from gait analysis it is possible to:

- improve running form
- improve running efficiency
- reduce recurring injuries

Why is this important?

- **Reducing your foot contact time** with the ground by 100th of second each stride can reduce 10k time (depending on pace) by up to 1minute
- **Proper running mechanics reduces effort levels** by improving ones efficiency helps maintain a lower heart rate, this in turn reduces fatigue and the effects of fatigue such as blood acidity levels, build up of lactic acid, changes in mineral levels, core temperature increase and subsequent increase in blood dispersion to the skin surface to assist in cooling, leaving less blood plasma available to the working muscles.
- **Proper running mechanics can have a major effect on reduced energy expenditure.** Example, if one reduces vertical oscillation by mere centimeters; we can reduce wasted energy over a 5k race to the equivalent of the energy it takes to climb a five story building!
- One of the **key components of proper running technique** is the optimal **use of the arms** and their direct relationship to how they assist the body in moving across the ground with as much power efficiency and economy as possible. Carry them too high and lose power, placing undue stress on the shoulders and related muscle structures. Carry them too low and increase inertia, losing both economy and optimal efficiency.
- **Proper running mechanics can reduce impact forces**, placing less stress on the articulated joints moving from smaller to larger as the forces make their way up through the line of the body. Thus **reducing recurring injuries such as shin splints, patella tendonitis, low back pain**, etc.