



3D JUMP LANDING ANALYSIS

Designed to reduce the risk of serious knee and ankle injuries in court-based athletes, a force platform analysis allows us to understand how the body adapts to the forces applied to it when we jump, land and change direction.

THE PROCESS



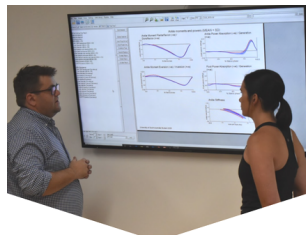
ASSESSMENT

We thoroughly assess the structure and function of your hip, knee and ankle. In addition to anthropometry, your injury history, footwear and sporting goals, we also assess your joint ROM, strength and control as potential barriers for pain-free movement.



GAIT ANALYSIS

Reflective markers are applied on your shoes, lower limb and trunk. Our 3D cameras track the positions of the reflective markers as you jump and land both double and single leg. We also perform additional movements to assess your hopping and power generation ability.



VIDEO & REPORT

We provide each patient with a written report and video of the analysis. This report provides recommendations of what you need to do to return to pain free exercise. In addition to your report, we can provide a range of treatment strategies to reduce your injury risk.

APPOINTMENT INFORMATION

3D Jump Landing Analysis appointments take one hour. Please wear tight form fitting bike shorts or active tights to your appointment. Please be changed and ready prior to your appointment. If you do not have the correct clothing, we can provide you with bike shorts or tights.

If your practitioner has requested that you should be tested wearing shoes/orthotics, please bring these along with you to your analysis.

