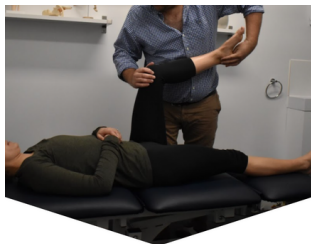




# 3D RUNNING ANALYSIS

**A 3D Running Analysis is an in-depth analysis of your running biomechanics. We use 3D camera technology and in-built force plates to measure lower limb movement and force, which helps us identify underlying issues and determine the best path for treatment.**

## THE PROCESS



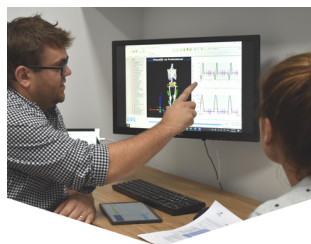
### ASSESSMENT

We consider you as an individual, with a unique movement profile. In addition to anthropometry, your injury history and goals, we also assess your training program, load management, joint ROM and strength and control as potential barriers for pain-free movement.



### 3D GAIT ANALYSIS

Reflective markers are placed on your shoes, lower limb and trunk. Our 3D cameras track the positions of the reflective markers while you run on an instrumented force treadmill. You will be asked to run on the treadmill for approximately five minutes while the cameras record the data.



### VIDEO & REPORT

We review your analysis, explain the data and take the time to educate you on how you run, how your muscles are functioning and what you can do to both reduce your injury risk and improve your running performance.

## APPOINTMENT INFORMATION

3D Running Analysis appointments take one hour. Please wear tight form fitting bike shorts or active tights to your appointment. Alternatively please also wear either a sport crop top or tight singlet. Males please be advised that you will be asked to not wear a shirt during this analysis. If you do not have the correct clothing, we can provide you with some bike shorts, tights and singlet.

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

