

# 3D WALKING ANALYSIS

Our 3D Walking Gait Analysis allows us to understand how you walk in three-dimensions, it describe the forces applied to your body and identifies how your muscles are working. This information allows us to better manage conditions such hip and knee arthritis, bursitis, low back pain or tendinopathy.

## THE PROCESS



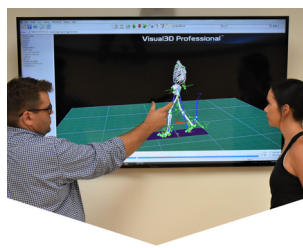
### ASSESSMENT

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



### 3D GAIT ANALYSIS

Reflective markers (small dots) will be placed over your feet, ankles, lower leg and pelvis. Our 3D cameras track the positions of the reflective markers as you walk over force platforms in the ground. This allows us to understand the loads applied on your joints.



### VIDEO & REPORT

We review your analysis, explain the data and take the time to educate you on how you walk and what is likely to be causing your pain. We then present a management plan to help ease pain and hopefully return you to pain free walking.

## APPOINTMENT INFORMATION

3D Walking 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.

