FOOTHILLS
Physical Therapy

Run Gait Analysis

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What is a Running Gait Analysis?

A detailed evaluation of an individual's running mechanics. We record you while running on a treadmill at different angles. We review the footage in slow motion with a movement assessment app that lets us see in detail the aspects of your running gait in each stage of the gait cycle. We then perform a detailed functional/musculoskeletal exam teasing out any impairments you might have that could lead to abnormal running mechanics and/or injury.

Who could benefit from a Run Gait Analysis?

- Anyone with a current injury or pain while running, or a history of chronic pain or injury while running. A detailed analysis of mechanics + assessing any of your mobility or strength deficits could help relieve your pain and get you back to the sport you enjoy!

- Anyone new to the sport of running. Getting off on the right foot with a good assessment of your running mechanics, movement patterns, and strength when starting a running program can help prevent future injury or pain.

- Anyone looking to improve performance. Examining the details of your running mechanics and possible mobility or strength issues can help improve efficiency and even help improve speed.

What happens after my Run Gait Analysis?

You will work with the physical therapist who performed your assessment and figure out a detailed program that will help you run pain-free and with increased efficiency. The program will be tailored to your individual needs as a runner based on the findings from your evaluation.

One-on-One. Expert. Quality. Care.

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