

WHAT IS A RUNNING ANALYSIS?

- A method to enhance your running performance and reduce your risk of injury. This specialized evaluation examines your biomechanics to identify factors that may impact your efficiency and running form.
- A running analysis is typically conducted in a controlled environment, such as on a treadmill. Video technology is then utilized in combination with the expertise of a Physical Therapist to identify running style, variations, or deviations that may impact running performance.

RUNNERS OF ALL LEVELS

Common Injuries Include:

- Medial tibial stress syndrome
- Achilles tendon pain
- Patellofemoral pain
- Plantar fascia pain
- Hip tendinopathy
- Low back pain

OUR METHOD

- 1-on-1 Evaluation with a Doctor of Physical Therapy, examining history of previous/current injuries, past medical conditions, current training status, and running goals.
- Running analysis performed on a treadmill using a multi-angle approach to analyze running technique.
- Individualized home exercise program to address any impairments found during the evaluation and analysis process.
- Hands-on Manual treatments including: Massage, Cupping, IASTM, Joint Mobilization & Taping.
- Access to state-of-the-art gym equipment paired with expert movement analysis for optimal performance and injury prevention.

PERFORMANCE IS EVERYTHING!

