

# Running Gait Analysis Sessions

## February and March 2012

### WHAT DOES RUNNING GAIT ANALYSIS INVOLVE?

- While running on either a treadmill or a track
- The runner is videotaped from the front, back and side
- The clinician slows the tape down and explains the analysis of the running stride to the runner
- Since each runner is different this is most beneficial in explaining why they may be having repeated running related injuries
- The analysis is completed by an athletic trainer, physician or physical therapist that specializes in gait analysis.

### COMMON INJURIES RELATED TO POOR RUNNING FORM:

- Neck strain/shoulder pain
- Achilles tendonitis/foot and ankle pain
- Knee pain/ITB and runner's knee
- Lower and mid back pain

**DATES/TIMES:** All appointments are 15 minutes in duration and start at 6pm with last appointment at 7:30pm and an appointment is required;

- Wednesday, February 8 at The Summa Wellness Institute, Hudson
- Wednesday, Feb. 15 at Summa Health Center at Lake Medina
- Wednesday, March 7 at The Summa Wellness Institute, Hudson
- Wednesday, March 14 at Summa Health Center at Lake Medina
- Wednesday, March 21 at the Tallmadge Rec Center

**COST:** \$40 per analysis

**PRE-REGISTRATION WITH PAYMENT REQUIRED:** Call 330-379-9229

**FOR MORE INFORMATION:** Ellen Walker or Chris Miloscia @ 330-630-2715

