

# RUNNING Gait Analysis



## What is a Gait Analysis?

At CSSM, we use gait analysis to look at how the body functions and moves as a unit when walking and running. Put simply video analysis:

- ✓ Involves video recordings taken at different angles, slowed down frame-by-frame, to show in detail how the body moves.
- ✓ Assists in providing a definitive diagnosis and the underlying reason why you are having repetitive injuries.
- ✓ Is a valuable tool in designing an effective rehabilitation program to optimise recovery.
- ✓ Can help you perfect your running technique and prevent injury.

## Who should have a Gait Analysis?

Everyone can benefit from a gait analysis, whether you are an elite performer, weekend warrior, or simply just trying to improve your balance and mobility.

In particular gait assessment is useful if:

- ✓ You are suffering from persistent or recurring injury particularly to the foot, ankle, knee, hip or pelvis.
- ✓ Are seeking a more comprehensive management of your current injury with particular focus on preventing re-injury.
- ✓ You are about to embark on a training program focussed on a particular event.
- ✓ You are seeking to improve your running performance.

## How can I use the information from the gait analysis?

The wealth of information garnered from your assessment can be used in many ways. Advice may range from simple changes in footwear or technique right through to an in depth breakdown of your technique to introduce significant biomechanical changes. Advice centres around recommendations of specific exercises or a program of exercises to address deficiencies. In some cases these assessments help confirm treatment paths such as orthotic prescription.

## What is involved?

Our gait analysis program is an in depth assessment of your running and walking gait, looking at all the elements that may effect the way you walk, run and play. We have three levels of assessment based on your needs.

**1. Basic** - Designed for an individual suffering issues concerning the foot and ankle only. Analysis is limited to foot and ankle mechanics. The assessment includes:

- ✓ Comprehensive history relating to your running/sporting history, current and previous injuries, management, and goals (both sporting and treatment).
- ✓ Assessment of footwear used for activity.
- ✓ Assessment of walking/running technique on a treadmill in both bare feet and normal runners from three different angles (posterior, anterior and lateral views) reviewing foot and ankle function.
- ✓ Explanation and run-through of footage frame-by-frame to explain your individual technique and reasons for your particular injury.

**2. Intermediate** – Designed for an athlete with more complex injury history effecting structures greater than the foot and ankle. This may include injuries to shin, knee, thigh, hip, pelvis and and lower back. Included in this package is all of the above plus:

- ✓ Range of motion testing, looking at the feet, ankles, knees, hips and spine.
- ✓ Assessment of muscular strength and length through various testing methods.
- ✓ Extensive assessment of walking/running technique on a treadmill in both bare feet and footwear from three different angles (posterior, anterior and lateral views) looking at full body mechanics
- ✓ A second consultation involving an explanation and run-through of footage frame-by-frame to explain your individual technique and reasons for your particular injury.
- ✓ Print out of test results plus a take home video package (USB) with raw footage plus edited highlights and discussion of pertinent findings.
- ✓ Treatment and/or strengthening program provided depending on your individual needs.

**3. Advanced** - Designed for an athlete seeking a comprehensive analysis of their running gait (as above) combined with a supervised targeted exercise program focussed on addressing biomechanical anomalies and increasing performance. This package includes everything above plus:

- ✓ A tailored exercise program addressing the finding of the gait analysis.
- ✓ Three private strength and conditioning sessions to review the exercise program. Strength and Condition classes run for 40 minutes.

#### **What are the costs?**

Basic Package (1 consultation) - \$180

Intermediate Package (2 consultations) - \$255

Advanced Package (5 consultations) - \$430

If you have private health insurance these services will qualify for a rebate under your ancillary or extra's cover.

#### **Making an Appointment?**

Our Running Gait Assessments are generally performed by our Podiatry team, with input from our Physiotherapy and Osteopathy team.

Appointments can be made by calling the clinic on 9889 1078.



Camberwell  Sports & Spinal Medicine

1431 Toorak Road Camberwell 3124 | t/ 03 9889 1078 | [www.cssm.com.au](http://www.cssm.com.au)

#### **Open 7 Days**

Monday 8 am - 8:30 pm

Tuesday 7 am - 8 pm

Wednesday 7am - 8:30 pm

Thursday 7 am - 8:30 pm

Friday 7am - 5 pm

Saturday 8 am - 4 pm

Sunday 9am - 5 pm