Video Gait Analysis: Get Back to Running

Efficient Running Form Tips
- Keep an upright posture – don’t slump shoulders or bend forward at your waist. Head up and still.
- Arm swing should be forward and backward, not across your body. Relax neck.
- Steps should be light and legs centered under your body.
- Don’t pound feet into the ground.
- Focus on moving forward, not up and down.
- Knees and feet should be pointed straight – don’t turn toes out to the side.

What does Running Gait Analysis Involve?
While running on either a treadmill or track:
- The runner/walker is videotaped from the front, back and side.
- The clinician slows the tape down and explains the analysis of the running stride.
- Since each runner is different, this is most beneficial in explaining repeated running related injuries.
- The analysis is completed by an athletic trainer or physical therapist who specializes in gait analysis.

Common Injuries Related to Poor Running Form
1. Upper back/shoulder pain
2. Achilles tendonitis/foot and ankle pain
3. Knee pain/ TB and runner’s knee

How to Register for Gait Analysis
- Call for a location nearest you at (330) 630-2715.

If you currently have a running injury
- You need a prescription for physical therapy that includes running analysis.
- If necessary, you can call one of our sports medicine physicians who offer same-day/next-day appointments at one of our locations. To schedule an appointment, call 330.835.5533.
- The running analysis is part of your physical therapy initial evaluation.
- Your rehabilitation plan will address any deficiencies and your form.

If you do not have an injury
- Video analysis only; no musculoskeletal exam or exercises provided.

Call 330.835.5533 to make an appointment or visit summahealth.org/sportsmedicine for more information.