



Gait Analysis & Core Strengthening Education

If you are a runner or walker who has suffered from any of the following injuries, then a video gait analysis may be right for you.

- Runners knee pain
- Iliotibial band syndrome / IT band pain
- Shin splints
- Calf pain and cramping
- Achilles tendonitis
- Plantar fasciitis
- Morton's neuroma
- Metatarsalgia or forefoot pain
- Low back and hip pain

How can a video running gait analysis help me?

Research has shown that certain types of running stride mechanics can increase impact forces through knees and legs leading to injury. The use of high speed cameras and an advanced software program allows frame by frame analysis of your running/walking stride to determine any mechanical flaws which may predispose you to injury. Addressing these flaws, making corrections and proper training can help prevent injury.

What is involved in a video running gait analysis?

KVO physical therapists will conduct a comprehensive interview addressing your specific goals and concerns and review of your training and health history. A biomechanical assessment of posture, foot type, muscle length, strength and balance will be conducted. This will be followed by a state of the art video running gait analysis on the treadmill. The physical therapist will then review the tape with you and provide education, training tips and footwear recommendations.

Video Running Gait Analysis Staff:



Mark A. Brammer is a licensed physical therapist and certified in McKenzie techniques. He earned his doctorate in physical therapy from Des Moines University. He has worked for K Valley Orthopedics since 2002 and specializes in working with runners and athletes. He works with local running groups including the

Shufflers, Kalamazoo Area Runners, the Borgess Run Camp and the Gazelle Safari group. Mark is an avid runner who has completed many adventure races, triathlons, marathons, Pump and Run races and he currently has his eyes on Boston.



Carl Fried is a licensed physical therapist and certified manual physical therapist who received his doctorate of science from Andrews University. His doctoral project involved the study of lower extremity biomechanics and injury rates in marathon runners. He has worked at K Valley Orthopedics since 1996

and specializes in working with runners and athletes. He has worked with the Borgess Run Camp, Kalamazoo Area Runners and Gazelle Safari Marathon Program including doing video gait analysis since 2003. Carl enjoys staying active and has competed in several adventure races, triathlons and many marathons, including Boston.

SIGN UP TODAY: CALL 269.342.5996

Every Thursday, February thru April / July thru October
Appointment times: 5 pm and 6 pm Cost: \$75.00
Gazelle Sports, Downtown Kalamazoo
GazelleSports.com

