



Gait Analysis & Injury Prevention Education

with Carl Fried, PT, CMPT

What is Video Gait Analysis?

Video Gait Analysis uses a high speed camera and software program that allows the clinician to observe your gait at super slow speeds. By observing your gait at these slow speeds minor flaws can be isolated which may be very difficult, if not impossible, to pick up with the naked eye.

Why would I benefit from Video Gait Analysis?

- If you are currently experiencing pain with running or walking.
- If you wish to learn how to run faster and more efficiently.
- To obtain education on injury prevention and specific training for running and/or walking.

What is included in the Video Gait Analysis?

- A comprehensive interview to address your specific goals and concerns and to review your training and health history.
- Biomechanical evaluation of your posture, foot type, muscle length, strength and balance.
- Video Gait Analysis.
- Review of Video Gait Analysis along with a printout.
- Education on injury prevention, training tips and footwear recommendations, including an information packet on strength and flexibility exercises.

What do I need to do?

- Call to set up your appointment at Gazelle Sports - 269.342.5996.
- Allow 45 minutes for your appointment.
- Bring shorts and shoes that you wear for running or walking.
- Expect to run or walk for a brief time on a treadmill while you are recorded.

Gait Analysis dates: 2nd & 4th Thursdays now through May 28

Appointment times: 5 pm, 5:45 pm, 6:30pm

Location Gazelle Sports, Downtown Kalamazoo

Cost: \$75

