

For Your Appointment...

- Bring your **current runners** and an older pair (if possible) to show wear patterns. Include insoles or current orthotics used as well.
- **Wear tighter clothing or shorts** to allow for ease of testing, assessment, and measuring purposes.
- Running prior to a gait assessment is fine. In many cases it helps the assessment as it creates a greater fatigue of the structures being tested allowing subtle errors to become more obvious. However, running before a gait assessment is not necessary and accurate results are still able to be formulated.
- Do **NOT** have a pedicure prior to the gait analysis to allow for the best assessment of your bare feet.



Running Injury Gait Practitioners

Melanie Tuck
BPE, CSCS, CAT(C), MA,
ART® Practitioner



Rob Manca
BPE, CAT(C)
ART® Practitioner



Functional Gait Practitioners & Injury Prevention Screen

All of our Physiotherapists and Athletic Therapists are trained in performing Functional Gait Analysis and Injury Prevention Screens

Price List

Functional Gait Analysis & Injury Prevention Screen.....	\$160
Running Injury Gait Analysis.....	\$175
Follow-up.....	\$80

**prices subject to change*
*** Prices do no include gst*

Gait Analysis & Injury Prevention Screens



PHYSIOTHERAPY - ATHLETIC THERAPY - MASSAGE THERAPY
SPORTS PHYSICIAN - SPORTS PSYCHOLOGY - SPORT NUTRITION



**For appointments call:
403-314-4458**

www.collegiatesportsmedicine.ca

Direct Billing Available!

Gait Analysis - Overview

Listed below are a few reasons gait analysis are important for individuals to consider:

- Gait analysis uncovers precisely how your body moves
- Your pattern is bred from your habits & lifestyle as well as your body's joint mobility, stability, muscle flexibility and strength
- If your movements include compensations, gait analysis can pinpoint the areas of the body where these losses of efficiency originate
- We know that compensations can lead to injury or keep existing traumas from healing properly
- Chronic movement errors can lead to deterioration of joints and can be a leading cause of arthritis or pain
- Is a way of injury prevention as unknown weaknesses and imbalances may be discovered during the analysis



Running Injury Gait Analysis training and parameters have been developed based on the collaborative research through the *Running Injury Clinic*, the University of Calgary and other running injury research centres in North America.

Functional Gait Analysis & Injury Prevention Screen

This analysis will assess the joint specific range of motion and function of the:

- Low Back
- Hips
- Knees
- Ankles
- Feet & Toes

Functional Gait analysis is a **Injury Prevention** screen that will determine any limited range of motion that is occurring in specific joints. Any areas of weakness that are found can then be trained for strength gains. The therapist will evaluate any muscle tightness or weakness in the lower extremities and will uncover any neurological defects or contributions. This analysis will also include recommendations based on findings and referrals out to your family physician if there are specific tests or professional referrals needed. Your specific treatment plan can be initiated in follow up sessions.

This analysis will be a one-on-one appointment for one hour. A follow up appointment may be recommended within a day or two to begin treatment or to work with an exercise therapist under the direction of the therapist. The individualized home program and planning will generally take place during the follow up session, as the initial analysis is quite thorough.



Running Injury Gait Analysis

This analysis identifies how your body moves while walking and running. This test uses specific research based strength, range of motion testing and parameter to identify and keep you injury free or reduce injury mechanisms while living an active lifestyle. With increased movement efficiency you will also enjoy increased performance, jump height, power etc.

This analysis will be a one-on-one appointment with one of our Running Injury Gait Practitioners and will cover:

- Gait analysis
- Initial Home Program
- Treatment Recommendations

It may be recommended to book in for a follow up session within the following week to review and gain progressions with the individualized home program and to re-evaluate your status.



Therapists will look at your footwear to pinpoint wear patterns as well as the presence and location of callus patterns on your feet.

Over 30 scientifically validated tests and measurements will also be taken of specific relevant areas to determine structure, strength and flexibility