



The Center
for Physical Rehabilitation



VIDEO GAIT
ANALYSIS

Four Convenient Locations Around Grand Rapids



Southeast Location
5060 Cascade Rd.
Suite A
Grand Rapids, MI 49546
P: (616) 954.0950
F: (616) 954.1728



Southwest Location
1736 Gezon Pkwy SW
Suite 100
Wyoming, MI 49519
P: (616) 249.0750
F: (616) 249.0794



Northeast Location
6290 Jupiter Ave.
Suite C
Belmont, MI 49306
P: (616) 364.3290
F: (616) 364.3299



Northwest Location
1195 Wilson Ave.
Suite 101
Walker, MI 49544
P: (616) 784.1450
F: (616) 784.1458

Hours: Mon-Fri | 7:00am - 7:00pm
Sat | 8:00am - Noon (SE Only)

Video Gait Analysis is performed by our licensed therapists offering over 15 years of combined Video Gait Analysis experience. Our therapists participate in various continuing education courses and workshops to offer the latest research and state-of-the-art technology in video analysis. They collaborate and present educational workshops with other area running professionals.

Video Gait Analysis is available at all four of our locations.

For more information, visit our website
www.pt-cpr.com

www.pt-cpr.com
Your Physical Therapy Resource

- PREVENT INJURIES
- DECREASE PAIN
- BENEFITS ALL LEVELS OF WALKERS AND RUNNERS



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VIDEO GAIT EVALUATION PROGRAM

includes a complete lower body biomechanical screen with a measurable strength and flexibility assessment. It also includes videotaped gait analysis on a treadmill utilizing software that analyzes every sequence of the gait cycle.

WHAT CAN I EXPECT?

- Comprehensive lower quadrant assessment and video analysis (see package details).
- Run or walk for approx. 2-5 minutes while recording video.
- Bring shorts and shoes used to walk/run in and orthotics if used.
- Duration: 75-90 min.

WHO WOULD BENEFIT FROM GAIT EVALUATION?

- Anyone suffering from spine or lower extremity pain during walking or running.
- Walkers or runners experiencing pain during or after exercising.
- Walkers or runners who want to enhance their exercise experience, prevent injury and receive recommendations on footwear/orthotics and home exercise program.
- Runners who would like to improve their form to become more efficient and reduce their risk of injury.



Gait Analysis Package Level 2

Gait Analysis Package Level 1

- Full biomechanical assessment including alignment, strength and flexibility of the trunk, lower body, and foot.
- Functional movement testing.
- Video gait analysis.
- Individualized instruction regarding mechanics, posture, cadence.
- Footwear recommendation.
- Instruction for a personalized home exercise program.

\$200

Follow Up Visit

\$250

- Full biomechanical assessment including alignment, strength and flexibility of the trunk, lower body, and foot.
- Functional movement testing.
- Video gait analysis.
- Individualized instruction regarding mechanics, posture, cadence.
- Footwear recommendation.
- Instruction for a personalized home exercise program.
- Personalized electronic version of running video and still frame images from video with written evaluation (rearview and sideview) within five business days of gait analysis.

- Comparison of initial video to follow up video.
- Compare shoe/orthotic options.
- Reassessment of running form and home exercise program as needed.

45 min. \$90 (optional electronic version – add \$15)

