

# **Our Services**

## **Running Gait Analysis**

This comprehensive evaluation starts with a full musculoskeletal assessment and discussion of your training plan and goals. We then videotape a front, back and side view of your running form and show you in slow motion what you are doing well and what can be improved upon or what is contributing to pain (if you have any) during your run. From those findings, we develop a plan to improve your run performance or help you run pain-free.