

To identify the root cause of an injury, and thus determine the optimal treatment for that injury, many pieces of your injury “puzzle” must be considered. At the Running Injury Clinic, we take into consideration four main puzzle pieces as shown below. Scientific measures of many variables are collected and compared to our ever-growing research database. All of your individual measures, how they compare to our database, and explanations of each measure can be found within the report. If, after having this report explained to you by our trained expert, you have any question, do not hesitate to contact us.

Our primary goal is for everyone to experience the joy of running. Your health and well-being is important to us and we are committed to helping you resolve your injury and prevent future injuries.



Your percentile rank for each of the “puzzle” pieces is shown below. You want your “puzzle piece” score to be closer to 100% when compared to our normative database. You want your Symmetry Index (SI) score to be closer to 100% when comparing side-to-side measures. Thus, you want your “Risk” score to be closer to 0% and thus a lower injury risk potential. Our goal is to reduce your Injury Risk Score through appropriate therapeutic exercise.



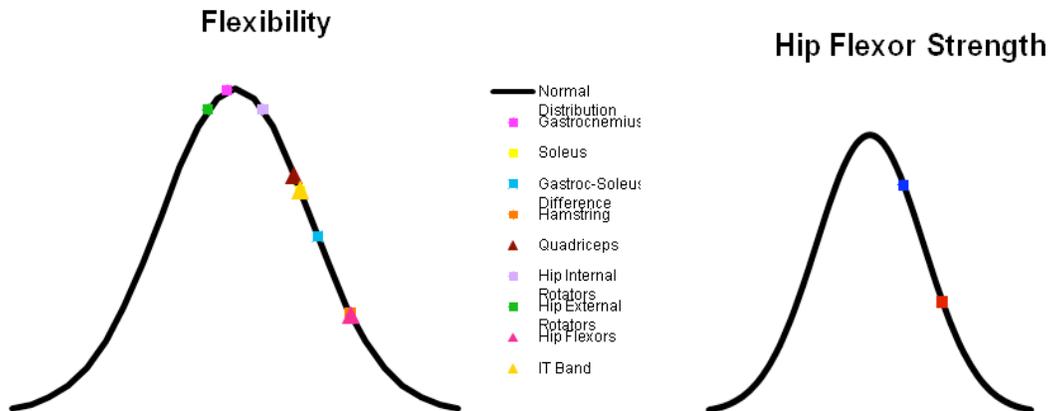
Our research, and research from other labs, show that **Strength**, **Flexibility**, and **Symmetry** are modifiable and by improving these two puzzle pieces you can improve your **Biomechanics** score. Your **Alignment** score cannot be altered but still must be considered to calculate your **Running Injury Risk**.

Here are examples of the type of data and recommendations included in the Full Gait Analysis Report:

Tables of all biomechanical, strength, flexibility, anatomical structure measures and their respective percentiles are created for each patient.

Strength (N/kg)	Left	Percentile	Right	Percentile
Hip Abductors	1.00 N/kg	24.2%	0.50 N/kg	13.1%
Flexibility (deg)				
Hip Ext Rotator	42 deg	42.1%	44 deg	54.7%
Alignment (deg)				
Arch rigidity	1.05	88.1%	1.09	91.0%

Figures of all data with respect to the normative database. All variables and each individual variable is also plotted to better understand how these factors are related to the injury.



Specific Recommendations are given to optimize your rehabilitation and prevention of injury. Here are some examples.

- Increased hip abductor strength is necessary to reduce the excessive hip adduction and knee movement velocity measured.
- Increased hip external rotator flexibility is necessary to reduce the torsional forces measured while running.
- A neutral shoe is recommended based on your typical foot structure and typical foot biomechanics.