

GAIT

EVALUATIONS

HELPING YOU HIT YOUR STRIDE.



Agility An Agility Institute Partner

Physical Therapy & Sports Performance



EVALUATING YOUR GAIT IS JUST THE FIRST STEP.

Mobility is vital to any healthy lifestyle, and if you're having trouble walking or running, a gait evaluation is the first step towards getting you back to your feet.

What is a gait evaluation?

You will spend approximately 60 minutes with a biomechanical specialist who will provide you with a complete lower quarter assessment of strength, flexibility, and foot & ankle mechanics. A videotaped running or walking gait analysis will be performed utilizing state-of-the art 2-D computerized capturing software with dual high-speed digital camcorders.

Who would benefit?

- Any active individual who is dealing with back, hip, knee, lower leg, ankle or foot pain
- Post-operative or recurrent over-use injuries
- Anyone who is involved in walking, running, or triathlons that is interested in injury prevention
- From beginner to elite...from casual to competitive!
- Any athlete who is looking for recommendations on shoes, orthotics, form, posture, training techniques, or performance enhancement

How do I get started?

- Injured? Consult with your family physician, pediatrician or orthopaedic specialist for a physical therapy referral (Insurance billing)
- Injury prevention? Schedule your self-pay assessment (\$65)

Our Expert Staff

- Board Certified Clinical Specialists in Orthopedics (OCS) and Sports (SCS) Physical Therapy
- Certified Strength & Conditioning Specialist
- Advance training in biomechanical analysis for lower quarter injuries



agilitysportsmedicine.com

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