

Video Analysis of Running and Walking

Slow Motion Video Analysis of Walking and Running Technique Includes:

- A comprehensive evaluation to determine causes of pain and injury
- Treatment of injuries by a physical therapist
- Evaluation for orthotics and/or running shoes
- Instruction in stretching and strengthening exercise for the prevention of injuries.

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Slow Motion Video Analysis

Slow motion video analysis is a useful technique to assist in the evaluation and treatment of injuries associated with walking and running. The process includes video-taping an individual walking or running, reviewing the video in slow motion to analyze lower extremity movement, determining the cause of the pain and injury, and treating the injury.

The most common injuries associated with walking and running are:

- Achilles Tendonitis
- IT Band Syndrome
- Plantar Fasciitis
- Runner's Knee
- Shin Splints
- Stress Fractures
- Back Pain

These injuries cause leg pain and can interfere with your ability to exercise and perform daily activities. Relieving this pain may be as simple as performing strengthening and stretching exercises, learning training techniques for different surfaces, finding proper walking or running shoes, and/or being fitted with orthotics.

If you are a runner or walker with leg pain, consult with a physical therapist for an evaluation and a slow motion video analysis.

In most cases, physical therapy is reimbursable through insurance. We will verify your benefits before initiating treatment. Slow motion video analysis of walking and running techniques is available with physician referral.

Why choose Baptist Health Therapy Centers?

Our staff is among the most experienced in the

field for treatment of walking and running injuries. Our therapists have extensive post-graduate training, including annual retraining, in hands-on therapy and exercise prescription for the treatment of running and walking injuries.

All physical therapy care is provided by licensed physical therapy staff.

Each of our therapy centers is equipped with state-of-the-art technologies for the evaluation and treatment if injuries.

Each patient is actively involved with all phases of his or her treatment, with all options discussed.

Over the past twelve years, patients of Baptist Health Therapy Centers have ranked our care at the 98th percentile in the nation according to a nation-wide survey of outpatient therapy facilities.

We are committed to providing you with the **quickest, most efficient road to recovery to get you back to the things you enjoy.**

