



MOTION.3D Pty Ltd  
Motion Capture & Human Performance  
Biomechanical Analysis  
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## Running Technique Correction Program

### Introduction

Dedicated attention to good running technique holds substantial benefits, including greater resistance to injury and better running economy. The key to developing good technique is to ingrain proper movement patterns into your muscle memory so that they become automatic. With proper movement patterns instilled as the default setting, your body will be more economical and reduce the risk to common injuries.

Initially, the 3D gait analysis assists us to understand major faults in your running technique that have high risk to injuries. The 3D camera system allows assessment of multiplane motion with high precision to identify key mechanical features (variables) that are important for maximal performance and with minimal risk to injury.

Once your faulty key mechanical features are identified a proper targeted running technique program is developed to assist you reducing these faulty techniques. Following is our **Running Technique Correction Program** outline.

### **Initial consultation** (30 minutes) (\$90)

During the initial consultation, I will explain to you your 3D gait analysis results, key features that need attention, and how I believe you should adjust your running technique to reduce injury risk and/or improve economy. I will show you the training program that will consist of technique drills and/or biofeedback gait retraining. The biofeedback gait retraining usually consists of 8 sessions over 3 or 4 weeks. For those who can set up the biofeedback environment in your own location, you will have the option to choose the number of sessions at our clinic (*there will be no cost for sessions that you do at your place*). However, you will still need to perform at least one session per week at our clinic. This is to ensure that you are progressing correctly.

### **Biofeedback gait retraining session** (30 minutes each) (\$55 each session)

The ultimate goal of gait retraining is to promote learning of new gait patterns. Gait retraining will be a real-time feedback (RTF) intervention that involves a visual presentation of the key faulty mechanical feature on a monitor in front of the treadmill while you are running. The visual presentation could be video stream image or the magnitude of the measured variable. The RTF training will consist of 8 sessions over a 3-4wk period (2-3 sessions per week). Each session will last approximately 30 minutes. In each session, you will run on a treadmill at 12kmph with a faded RTF paradigm. Between session 1 and session 4 both run time and RTF time will gradually be increased, concurrently, from 15 minutes to 24 minutes. However, during the last 4 sessions, RTF will be gradually removed so that by the last session, you will run for 30 minutes while only receiving feedback for 3 minutes.

### **Post training 3D gait analysis** (optional) (\$265)

The 3D gait analysis will be similar to baseline assessment that you performed prior to the **Running Technique Correction Program**. This is to evaluate the changes that occurred due to the training program. If you feel comfortable with your running form you may choose not to perform this analysis.