

Running Biomechanical Evaluation



In order to become the best runner that you can be, you must know how to correctly and efficiently use your body. If you know how to use your body effectively you will be able to reach your maximal potential with the least risk of injury. Proper muscle symmetry, flexibility, joint function and biomechanics provide the foundation for a person to reach their potential as a runner or walker.

Introduction:

This running biomechanical evaluation is designed specifically for runners and walkers. This evaluation will assess how you use your body in order to identify dysfunctions that may be affecting your ability to achieve your goals. Doctors of Physical Therapy David McHenry and Shawn Dailey have worked with countless runners of all ages, distances, and skill levels (recreational to Olympic class). With their experience, they have developed an evaluation to help identify ways that you may be negatively using your body while running, jogging, or walking. With the information gained from this assessment your individual needs can be addressed and a specific maintenance program can be prescribed.



Description:

The Running Biomechanical Evaluation will provide insight into muscle and/or joint problem areas that are restricting your ability to efficiently use your body. The goal is to identify movement asymmetries, muscle inflexibilities, strength asymmetries/imbbalances, joint restrictions/limitations, and muscle recruitment pattern dysfunctions. Once the evaluation is complete you will be provided with a comprehensive list of exercises that will address your specific needs while complimenting your individual training program. Suggestions may also be made about other resources that are appropriate for you to maximize your training and minimize your risk of injury.

Who will benefit from a Running Biomechanical Evaluation?

- *All persons who would like to achieve their goals as a runner at any level of running, from the recreational runner who wants to stay in shape to runners competing at any level.
- *All runners who want to get the most out of their body and would like to train and/or compete with a lesser risk for injury.
- *Any person who has been injured while running in the past or is currently injured.

What is the process?

The first step is to schedule an evaluation **503-283-8133**

The evaluation will take roughly one hour but can range from 45 min to 1 ½ hours.

The cost is \$125.

Bring proper running attire and current + last 2 pairs of running shoes and orthics if applicable.

What tests are done?

- *Footwear and/or orthotic assessment
- *Joint Range of Motion and Function (from feet to spine)
- *Muscle flexibility assessment.
- *Treadmill Gait Analysis (walking>jogging>running)
- *Static and Dynamic Movement Test Series

We look forward to working with you to help you achieve your running goals!

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