











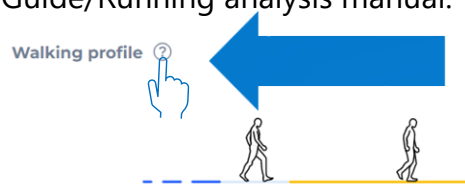
Interactive Demonstration of the Running Analysis


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How to Use This Document

This document is an interactive PDF file that allows you to quickly move from one section to another with hyperlinked videos to access. This guide is meant to be a supplement to the Interpretation Guide/Running analysis manual.




You will move your cursor over pictures or question marks to reveal a link (arrow cursor changes to a hand) to another section of document or a pop out to video on YouTube (), if connected to the internet.










For document links, you can return to the page summary you were on or go to the Table of Contents by clicking on the hyperlink.



For outside links such as YouTube (), a window or tab in your browser will open (or ask you to open the app, if installed). After reviewing the outside content, you can simply shut down the browser and switch back to the document view or click “back” if it does not open a new tab, browser, or app.

You can also access much of the individual information directly from the Table of Contents:

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Chr PRO

February 16, 2022 - 13-06

General

Details

...

How to interpret the analysis results? Download our [interpretation guide](#)

X

PAINS

+

WALKING AIDS

+

SHOES

+

Standard

ANALYSIS TYPE

01:26

ANALYSIS DURATION

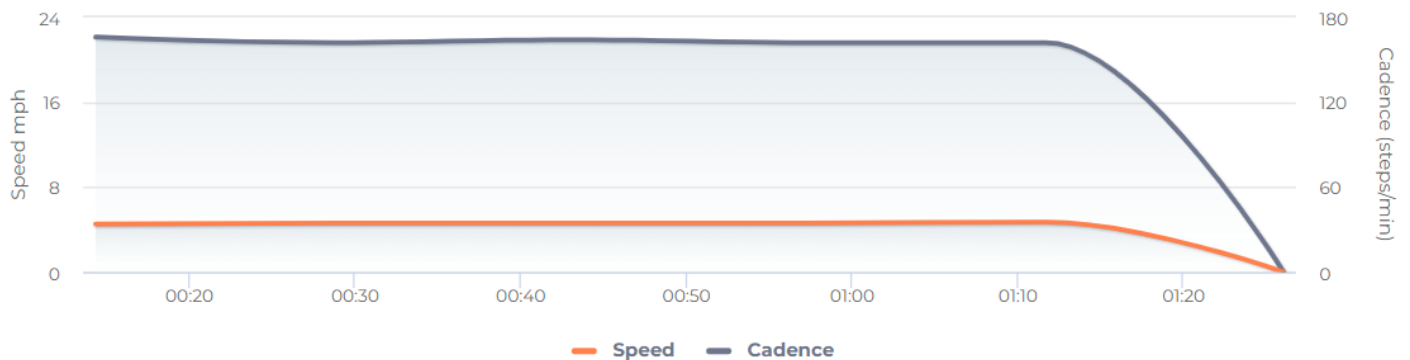
4.6 mph

SPEED

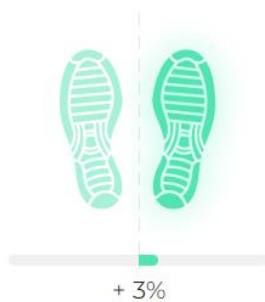
163
s/min

CADENCE

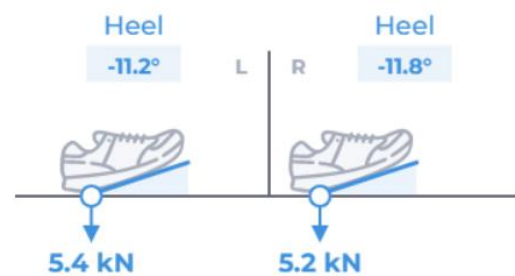
Cadence / Speed ?



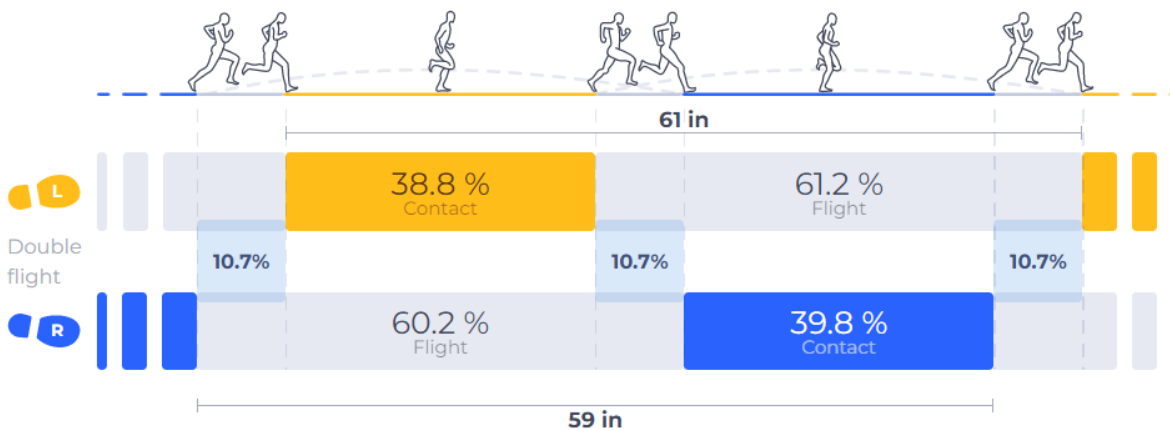
Asymmetry ?



Strike pattern ?

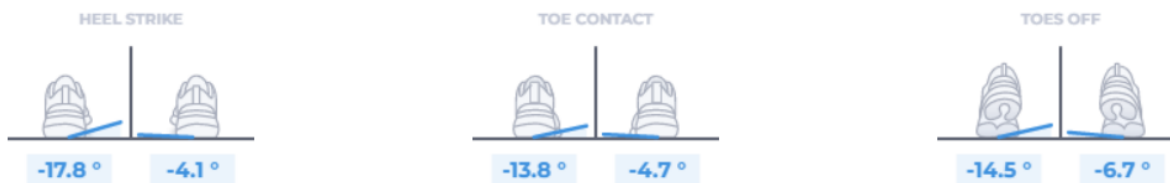


Running profile ?



Strike angulation ?

☐ Advanced



Comments

02/16/2022

NB shoes

Enter your comment here...



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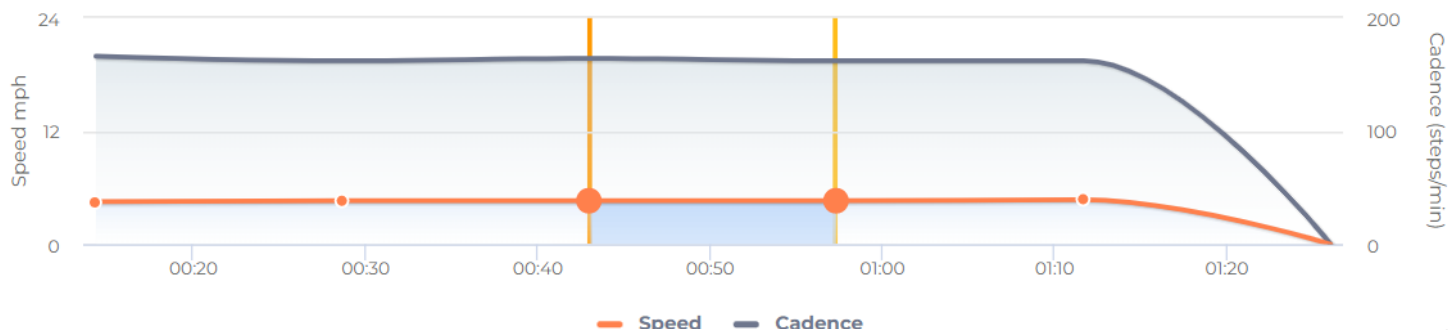
February 16, 2022 - 13-06

General

Details







...

Cadence / Speed



Comparative results

T = 00:43		T = 00:57	
Spe. 4.6 mph	Cad. 164 steps/min	Spe. 4.6 mph	Cad. 162 steps/min
L	R	L	R

Asymmetry	 + 2%		 + 3%	
Strike pattern				
Attack angle	-11 °	-12 °	-11 ° →	-12 ° →
Impact force	5.4 dN	5.3 dN	5.4 dN →	5.1 dN ↓

METRICS

Stride length	61 in	57 in	61 in →	59 in ↑
Contact time	38.7 %	39.4 %	39 % ↑	40.1 % ↑
Double flight	10.9 %		10.4 %	↓
Attack duration	31 %	34 %	32 % ↑	35 % ↑
Propulsion duration	69 %	66 %	68 % ↓	65 % ↓

ANGULATION

Strike angulation	-18 °	-15 °	-19 °	-15 °
Mid foot angulation	-4 °	-5 °	-4 °	-9 °
Propulsion angulation	-14 °	-4 °	-15 °	-2 °

Pain

Drop down menu that allows you to add more detail on location and severity of pain.
Complete the additional drop down menus and click

Save

×




Add a pain


Location *
Thigh

Side *
Left

Zone 1 *

Zone 2 *





8/10
Very severe pain

Save

Cancel


Walking Aids

Dropdown menu that allows you to add more detail on walking aids. You can choose from the available or "other." More than one can be selected. Then click


Save

×


Add a walking aid




1 walking cane




1 crutch




2 crutches




1 rollator



1 walker



Foot-lifter and
orthopedic
shoes



Other

SaveCancel

Shoes

Dropdown menu that allows you to add information regarding both shoe type and wear pattern.
Then click



×

Add a shoe type

Rigidity*

Moderate

✓

Cushioning*

Moderate

✓

Wear

Antero median

✓

Save

Cancel

Comments

Menu that allows you to add information regarding any interpretation, patients or environment characteristics. Input information, then click [Save comment](#) It will time stamp and update your comments every time information is added.

Comments

Last Wednesday at 1:33 PM

NB 2.0 treadmill

NB shoes 2.0mph on treadmill

[Save comment](#)