

FAQs:

1. What time should I arrive for my Runner's Analysis?

- Please arrive 15-20 minutes in advance.
- If you have not filled out paperwork before your scheduled time, we will need you to do so before we begin.
- You will be given a private room to change into running clothes.
- Expect to warm up on the treadmill for 7-10 minutes at a comfortable pace.

2. What will happen during my Runner's Analysis?

- Your therapist will briefly review any running issues that you currently have, if any.
- Your body will be marked with tape that is used to locate anatomical landmarks during the video analysis.
- Right/ left lateral and posterior views will be videoed approximately 10 seconds each.
- You will run at your endurance!

3. What should I wear?

- Tight fitted clothing (i.e., spandex).
- Sports bra for females/no shirt for males or a tight shirt (lower neck should be visible).
- Running shoes that you typically wear for your endurance runs.
- Long hair to be tied.

4. When will I get my results?

- Your therapist will review your video and obtain your results during your visit. They will go over these results with you and make recommendations.

5. How long does the Runner's Analysis take?

- Approximately 60 minutes.

6. How do I pay for the Runner's Analysis?

- If you are having a Runner's Analysis due to an injury or as part of your physical therapy plan, we can submit the cost to your insurance.
- If you are having a Runner's Analysis for any other reasons, we will collect cash at the time of your visit. The cost is \$150.

7. Who should I contact if I still have questions?

- Please call 970.561.7111 and someone will be able to assist you with any other questions that you may have!