



Texas Children's Hospital The Woodlands
Outpatient Building, 1st Floor
 17580 Interstate 45 South
 The Woodlands, TX 77384

Texas Children's Hospital 3D Running Analysis

Information about your upcoming visit



The
Woodlands

WHAT IS A 3D RUNNING ANALYSIS?

The 3D Running Analysis is composed of two parts. The first is a thorough physical evaluation by a physical therapist. The second is a running assessment using three-dimensional motion analysis to assess your running mechanics.

We use state-of-the-art motion analysis technology to provide your health care team with information about joint movements, gait patterns and asymmetries that are not visible to the naked eye.

The health care team will use this information to gain a better understanding of how you run so that the physician or physical therapist can determine the best treatment plan.

GETTING READY FOR YOUR APPOINTMENT

Physical therapist:

- A physical therapist evaluation is conducted in the Sports Therapy gym.
- Wear comfortable athletic clothes and appropriate layers for motion analysis afterwards.

Motion Lab:

- Please wear (or bring) your current running/training shoes.
- Please wear (or bring) running shorts and top. Tight fitting clothes work best, for example running or spandex shorts and tank top.
 - If comfortable, boys can wear no shirt and girls can wear a sports bra.

WHAT TO EXPECT AT YOUR 3D RUNNING ANALYSIS VISIT

1. The running analysis visit takes approximately 60-90 minutes and includes both a physical therapy evaluation and a running gait analysis.
2. During the physical therapy evaluation, you will be asked to provide information about your training status and injury history. The physical therapist will then assess your strength and flexibility.
3. After completing the evaluation, your physical therapist will take you to the Motion Analysis Lab.
4. You will be asked to change into your running shoes and clothing if you are not already wearing them.
5. Small reflective markers will be placed on your hips, legs, knees, ankles and shoes. These reflective markers are how the cameras track your running motion.
6. After a short calibration, you will get time to warm up on the treadmill at a comfortable pace of your choice.
7. After the warm up, you will be asked to run at a speed that represents your race pace, training pace, or a speed that elicits symptoms of your injury.
8. Once completed, you will be able to cool down on the treadmill.
9. Finally, your physical therapist will follow up with you at your next visit to go over your results and treatment plan.

