



Our Services Include

- 3D Running Assessment
- 3D Walking Assessment
- Comprehensive Treatment Plan
- Shoe Recommendation
- Custom Orthotics
- Physician Consultation
- Dietitian Consultation
- Alter-G® Treadmill Training
- VO2 Max Testing

How Do I Book An Appointment?

Call **204-927-2828** to book an appointment.

Your 3D GAIT Analysis is billed as Physiotherapy and covered under most health insurance plans.

Running & Gait Centre

Manitoba's most advanced 3D GAIT Analysis in a clinical setting

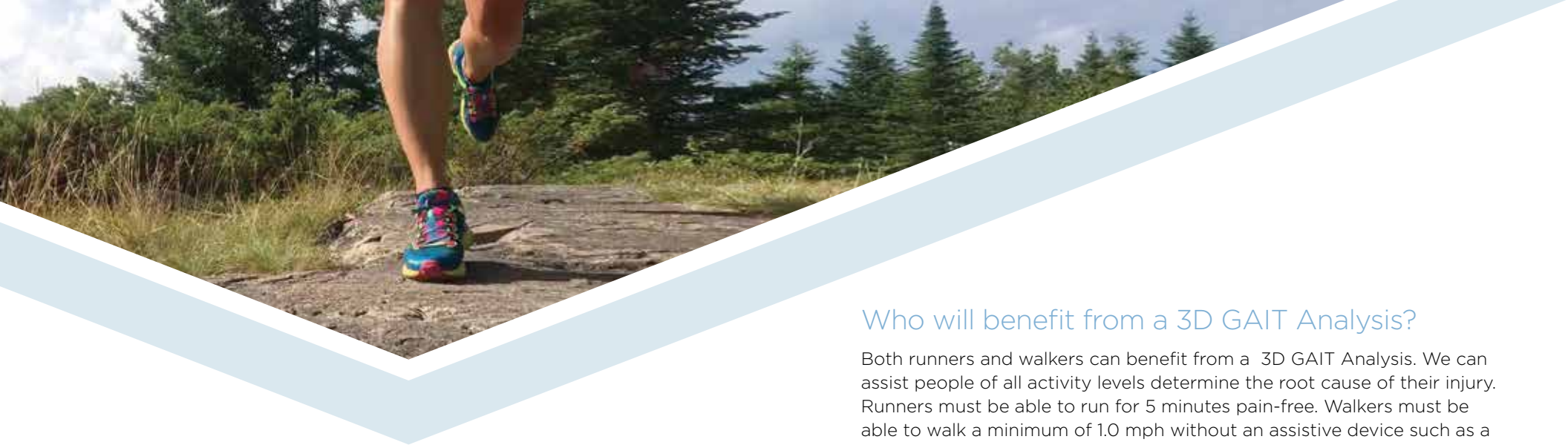


panamclinic.org/runningandgait

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Rehabilitation Services



Running & Gait Centre

The Running & Gait Centre at the Pan Am Clinic has partnered with Dr. Reed Ferber at the University of Calgary's Running Injury Clinic to bring you 3D GAIT Analysis, the world's most advanced gait & running analysis system for use in a clinical setting.

The Running & Gait Centre is the only clinic in Manitoba and one of only 16 clinics in Canada to have a 3D GAIT Analysis System available to clients of all mobility levels.

Based on peer-reviewed, published research, 90% of patients are pain free in 4-6 weeks following the 3D GAIT Analysis and a subsequent treatment plan.

What can I expect?

Assessment Session (90 min)

During the assessment session, scientific measures of how you walk and run are recorded using high speed cameras and specific software to measure your pattern of movement (your gait biomechanics) using the 3D GAIT and KinetiGait systems. You then receive a comprehensive physical assessment to evaluate your strength, flexibility and alignment.

Consultation Session (45 min)

You will return to the clinic for your consultation session where you will receive a full explanation of your assessment findings and a personalized program with recommendations to optimize your gait and performance.

Who will benefit from a 3D GAIT Analysis?

Both runners and walkers can benefit from a 3D GAIT Analysis. We can assist people of all activity levels determine the root cause of their injury. Runners must be able to run for 5 minutes pain-free. Walkers must be able to walk a minimum of 1.0 mph without an assistive device such as a cane or walker.

Special Instructions

When attending your 3D GAIT Analysis, please note:

- Wear closely fitting shorts that do not come below mid-thigh in length.
- Try to choose clothing without reflective detailing.
- Short ankle socks are preferable.
- Please leave jewelry at home.
- Bring your completed Intake Form (found on our website).
- Bring your running shoes and any orthotics you are currently wearing.

