



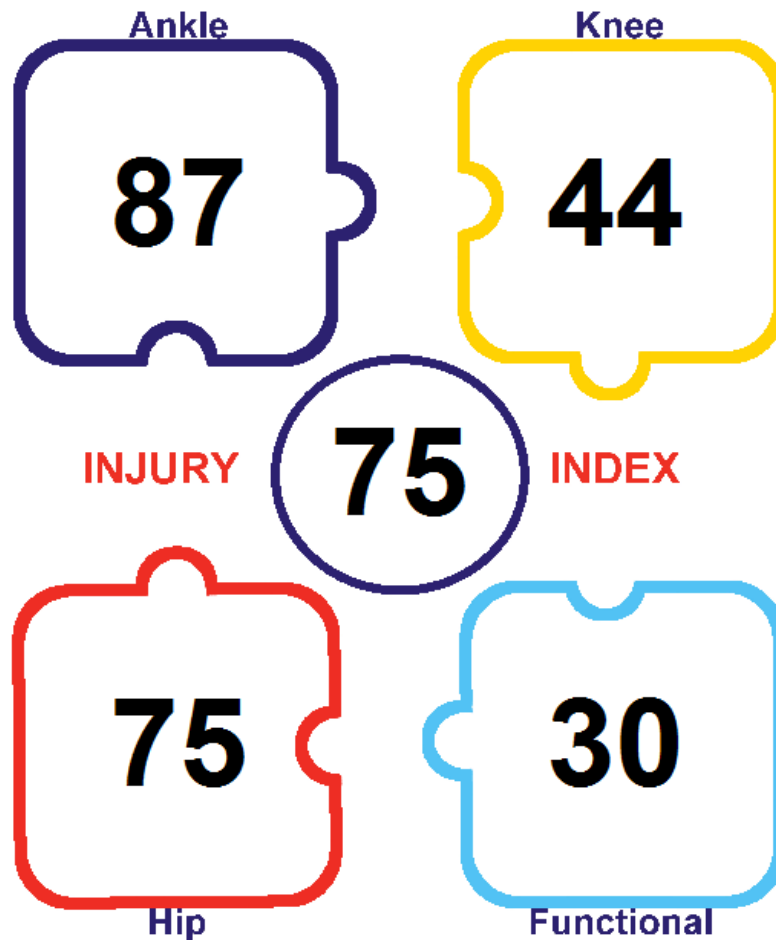
Biomechanical Report for
Runner F1
6 month follow-up

To identify the root cause of an injury, and thus determine the optimal treatment for that injury, many pieces of your injury “puzzle” must be considered. For this report, scientific measures of several biomechanical gait variables are collected and compared to our ever-growing normative database. All of your individual measures, how they compare to our normative database, and explanations of each measure can be found within the report. If, after having this report explained to you by a trained health professional, you have any question, do not hesitate to contact us.

Our primary goal is for everyone to experience the joy of running. Your health and well-being is important to us and we are committed to helping you resolve your injury and prevent future injuries.



Your percentile rank for each of the "puzzle" pieces is shown below. You want your "puzzle piece" scores to be closer to 100% when compared to our normative database. **Our goal is to increase your Injury score by identifying atypical biomechanical gait patterns.** The individual scores are to be used by your treating clinician to optimize their injury assessment and determine rehabilitation progression.



For the following graphs, the blue dot is your left limb and the red diamond is your right. The ranges of "excessive", "ideal" and "reduced" motion are based on our normative database.

Comparison to: female recreational runners with a rearfoot strike pattern. Heel strike angle of 13° at 6.0 mph. Cadence = 173 footsteps per minute.

