

Running Gait Analysis

Are your running shoes injuring you?

Do you suffer from...

Foot Pain
Plantar Fasciitis
Shin Splints
Knee Pain
Hip Pain
Low Back Pain...



...while running? These problems and many others can be the result of improper footwear.

Proper footwear is one of the easiest ways to prevent injuries in triathletes and runners. How do you know if you are wearing the right shoes? Our feet are as different as our faces and it's essential to have the right footwear to minimize and prevent injury.

Chiro-Health has the Answer!!!

Running video gait analysis is an effective and easy way to visualize your body mechanics. You will run on a treadmill while being videotaped. The results of the analysis are reviewed with you in both real time and slow motion. Recommendations for types of shoes and running efficiency are given. Nothing could be easier.

What: 15-minute running analysis

Time: 4:00-6:00pm

Place: 3rd floor near treadmills

Fee: \$20

No refunds on the day or after the scheduled analysis takes place.

To reserve your spot, see members services.

100% of your fee goes to support our Community Support Campaign to build strong kids, strong families and strong communities.