Welcome to your VIRTUAL GAIT ANALYSIS!

Below you will find a guide for what you need to supply so that we can give you the BEST feedback and analysis possible. If you have any questions or concerns please email us through our website. We’re here to help!

If you have not yet completed the “Intake Form” please be sure to complete that step. You can also find this form on the site.

IMPORTANT: IF YOU HAVE PAIN WITH ANY PART OF THIS, STOP! Don’t do that movement and let us know.

NOTE: PLEASE be sure there is ADEQUATE LIGHTING for all still photos and video. Review all your photos and videos prior to sending to be sure your quality is good.

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Because we realize you may not complete these assignments all at one time, we’ve included “Note” sections for anything you need to keep track of, or want to remember to share with us.
What to wear for best results

- Men and Women: Tri shorts or compression shorts
- Women: Jog bra
- Men: No shirt

Avoid These Common Mistakes...

[youtube.com/watch?v=ozT9adI8zPC](https://youtube.com/watch?v=ozT9adI8zPC)

Still Photo Guidelines

Check list of photos needed:

- Standing, front view
- Standing, back view
- Standing, side view
- Bottom of feet
- Bottom of shoes
- Orthotics, if applicable
- Hip flexor test
- Calf test
- Hamstring test
- Prone hip rotation
- Adductor stretch
- Seated hip rotation

VISIT THE PHOTO EXAMPLE SECTION FOR GUIDANCE. PLEASE be sure there is ADEQUATE LIGHTING.

YOUR NOTES:
Make sure you watch the Avoid These Common Mistakes video:
youtube.com/watch?v=ozT9adI8zPC

VIDEO GUIDELINES – Video for Movements

Check list of VIDEO MOVEMENT views needed:

- One leg squat, front view
- One leg jump, front view
- Prone straight leg raise, back view
- Push-up, side view
- Lunge

VISIT THE PHOTO EXAMPLE SECTION FOR ADDITIONAL GUIDANCE ON YOUR VIDEO.

VIDEO GUIDELINES – Video for Gait Analysis

- **Treadmill Set up:** Set treadmill to 1% grade for all video

**GAIT REAR VIEWS** - Check list of video needed:
- Include view from deck to AT LEAST ELBOWS, preferably entire body.
- No shoes, easy aerobic pace  
  (15 sec of video)
- Wearing shoes, same pace  
  (15 sec of video)
- Wearing shoes, 5k pace  
  (15 sec of video)

**GAIT SIDE VIEWS** - Check list of video needed:
- Include view from deck to TOP OF HEAD
- Wearing shoes, easy aerobic pace  
  (15 sec of video)
- Wearing shoes, 5k pace  
  (15 sec of video)

VISIT THE PHOTO EXAMPLE SECTION FOR ADDITIONAL GUIDANCE ON YOUR VIDEO.

YOUR NOTES:
SUBMISSION: Sending photos & videos to Pursuit Athletic Performance

Guidelines and Basic Instructions:

☐ View all images to be sure your quality is good and your lighting was adequate.
☐ Revise any that fall below standards – we want you to have the best analysis possible!
☐ If possible, group your photos and videos, by naming the files and/or grouping into folders, so they coincide with each section above for best viewing.
☐ Include any notes you feel we should be aware of.
  ❖ If sending by mail, you may include any notes via word doc or text file with your files, or inserted in the envelope with your media.
  ❖ If uploading please include a word/text file in your upload.
☐ Follow instructions below for the submission option that works best for you. Please don’t hesitate to contact us with any questions or concerns.

Options for Submitting Files:

❖ Highly Preferred method: UPLOAD FILES to DropBox.com and share with us at kaspursuit@gmail.com This is the quickest and easiest way we have found.

❖ Alternative method: MAIL: Burn still photos & video to DVD, memory stick or USB thumb drive & mail to:
  Pursuit Athletic Performance, LLC
  ATTN: VIRTUAL GAIT ANALYSIS
  9 River Road
  Essex, CT 06426

YOUR NOTES:
VISUAL AIDS FOR SHOOTING YOUR STILL PHOTOS

REMINDER: Always double check the quality of your images to be sure your quality is good and your lighting was adequate.

Standing: Front, back and side. Stand normally and naturally

Hip flexors: Be sure to pull your knee as close to your chest as possible. Remember to include both sides. You can do this on a kitchen counter.

Calf: Pull gently on the rope or towel. Include both sides. Shoes off.

Hamstring: Pull gently on the rope or towel. Include both sides.

Hip rotation: Lie comfortably on your stomach with your knees together and bent as shown. Let your feet fall out to the sides and relax.

Continued...
VISUAL AIDS FOR SHOOTING YOUR STILL PHOTOS, *Continued*

Adductor stretch: Sit on the ground as shown. Pull feet into tightly into groin. Press down on knees with elbows.

Seated hip rotation: Knees at 90 degrees. Remember to do both sides.

Feet, Shoes, and Orthotics. Bottom of feet and bottom of shoes. **NOTE:** If you have orthotics, please include the following additional pictures of your orthotics.
VISUAL AIDS FOR SHOOTING YOUR “Movement” VIDEOS

For the following movements, we will need to see VIDEO (not still photos) of you performing each of the ones from the checklist. (Approx. 15 seconds each) REMINDER: Always double check the quality of your videos to be sure your quality is good and your lighting was adequate.

One leg squat.

Start in the position shown. Keeping one leg behind you, squat down 8-12 inches. Film THREE repetitions for each side.

One leg jump.

Begin in the position as shown. Jump 6-10 inches landing on the same foot. Film THREE repetitions for each side.

Prone straight leg raise.

Begin by lying flat on the floor, face down. Keeping your knee straight, raise one leg 8-10 inches. Film TWO repetitions for each side.
**Push up with hands at eye level.** Push up slowly and return to starting position. Film THREE repetitions.

**Lunge.** Begin standing with feet shoulder width apart. Lunge forward and return to starting position. Film TWO repetitions including BOTH sides (legs).

**YOUR NOTES:**
VISUAL AIDS FOR SHOOTING YOUR “Gait” VIDEOS

For these videos, we’ll need rear view and side view videos of you running. (Approx. 15 seconds each).

- **GAIT SIDE VIEWS** - In the side view, please include your ENTIRE BODY from head to toe.
- **GAIT REAR VIEWS** - Include view from deck to AT LEAST ELBOWS, preferably entire body.
- Reminder: Set treadmill to 1% grade for all video

**Side View:**

In the side view, please include your entire body from head to toe.

**Rear View:**

You may have trouble getting the entire body in the frame from behind.

If that is the case, this is the MINIMUM we need to see.
Make sure you watched the Avoid These Common Mistakes video:

youtube.com/watch?v=ozT9adI8zPC

If you have any questions or concerns please email us through our website at PursuitAthleticPerformance.com We're here to help!