



VIDEO GAIT ANALYSIS

Increasingly a runner's road to recovery starts with a gait analysis. Lakeshore Physical Therapy offers a professional Video Gait Analysis to assess running style, movement patterns, and identify certain biomechanical abnormalities that can lead to injury. Since pain during or after running is one of the most common ailments seen by physical therapists, getting the proper diagnosis the key to a healthy recovery.

LINCOLN PARK
1320 West Fullerton
773.770.2419

www.Lakeshore-PT.com

ILLINOIS CENTER
211 N Stetson Ave
312.801.8440

WHAT ARE BIOMECHANICAL ABNORMALITIES?

Moving efficiently is important to avoid injuries. Having joints capable of providing adequate movement and muscles capable of producing adequate force is vital to generate an efficient gait cycle. When joints have limited range of motion, or muscles are weak, the body must find ways to compensate for the problem, leading to biomechanical abnormalities such as:

- Overpronation or oversupination
- Hip / pelvic drop
- Knee alignment faults
- Ankle mobility limitations
- Abnormal Pelvic tilt

THIS ADVANCED CLINICAL ASSESSMENT WORKS!

Multiple case reports reveal the effectiveness of a gait analysis program in the treatment of overuse syndromes. In problems such as iliotibial band syndrome, the most common cause of lateral knee pain in runners, a video gait analysis can reveal key components to successful treatment.

INSURANCE

At Lakeshore PT, a Video Gait Analysis is generally covered by health insurance as part of a comprehensive physical therapy evaluation. Our staff will verify your insurance benefits, submit your claims and communicate with your referring physician to provide a hassle-free environment for your care. This service is also available on a self pay basis to recreational and high level athletes in order to enhance performance and prevent injuries.

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