



Runners Report

Runners Name

Runner Details

DOB -
Weight -

Analysis Details

Date -
Shoe -

Orthotics -
Running/Walking

Speed -

Frontal

Sagittal

Transverse

Pelvis



Collapse



Forward Tilt



Rotation at Foot-strike



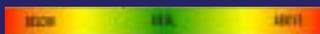
Hip



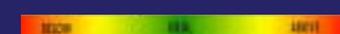
Collapse



Extension at TO



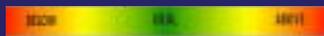
Rotation inwards



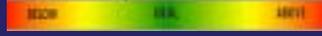
Knee



Collapse In



Bend at Footstrike



Rotation Inwards



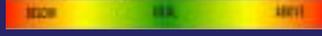
Ankle



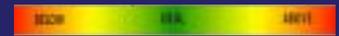
Heel Collapse In



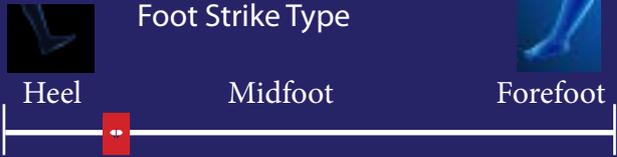
DorsiFlexion Max



Tibia Rotation Inwards



Foot Strike Type



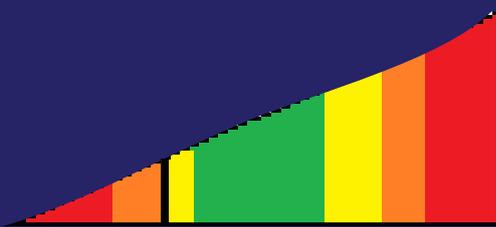
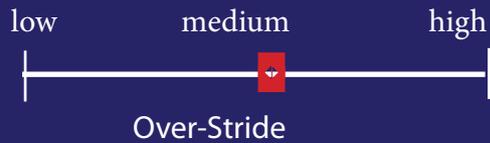
Ground Contact Time

50 %



180 spm

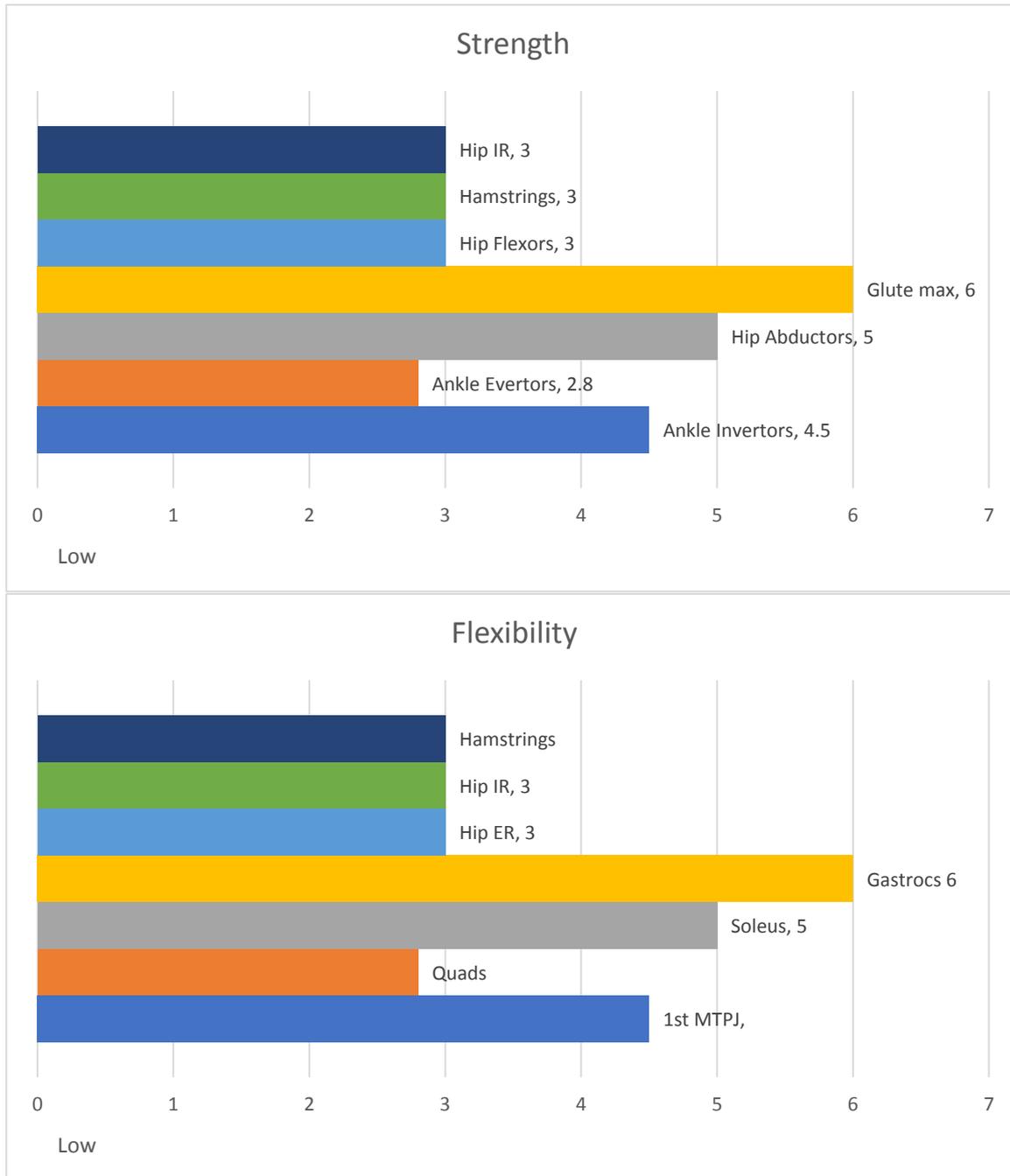
Cadence



Narrow Distance between Feet Wide

Vertical Movement

Biomechanical Objective Testing



Single leg squat

SCORE: 80%

Noted: Loss of foot contact an-

Leg Length

L = 89cm

R = 90 cm

Single leg Calf Raises = 100%

30/30

Single leg balance = 60 seconds

Glute Bridge

Both = 30 seconds

Left = 30 seconds

Right = 25 seconds

Plank Test

Front = 60 seconds

Left side = 35 seconds

Right side = 40 seconds

Posterior = 20 seconds