

# Running Analysis Program

**65% of runners will report an annual injury that prevents them from running. That's why our physical therapy team offers running analysis assessments. These assessments can help prevent injuries, as well as improve your running performance. Using video while you run, they assess everything from arm swing to stride, strength, and overall running mechanics. Running assessments are beneficial for all runners; new and experienced.**

## Our Clinical Expertise

Our running assessments are performed by experienced clinicians with advanced training in running biomechanics. Our clinicians use current research to develop an evidence-based approach to injury treatment and prevention. A running assessment includes a comprehensive physical evaluation along with a detailed video gait analysis.

## How do I schedule a running analysis?

Running assessments are done at each of our four locations: Brunswick, Portland, Saco, and Windham. Simply call 207.828.2100 to schedule at the facility that is most convenient to you.

## What should I bring with me?

Plan to run! You will want to bring comfortable, but not loose fitting, clothing. You will also want to bring your running sneakers (if you use them).

## How long does an analysis take?

For our thorough running analysis, you should plan on spending 1-2 hours with our physical therapist.

## Will my insurance cover this?

We accept most insurance plans. Some insurance companies do require a physician referral. We also offer a private pay option for this service. You can call ahead to discuss details with our team before scheduling your analysis.

## What to expect from having a running analysis at Spectrum Orthopaedics

- Evaluation of shod and barefoot running to identify faulty mechanics
- Identify and treat current injuries
- Improve performance
- Prevent injury



Recent statistics report an 18% increase in the running population in the last year with 35 million recreational runners, 149 million runners who ran more than 100 days, and almost 5 million trail runners.