



PRESENTS:

5 REASONS

**TO GET A
3D RUNNING GAIT
ANALYSIS,**

ACCORDING TO EXPERTS



5 REASONS TO GET A 3D RUNNING GAIT ANALYSIS, ACCORDING TO EXPERTS

Are you training for a triathlon and want to increase your performance? Do you wish you could run faster and without pain? Is a knee, hip, ankle, or other injury holding you back from your marathon, soccer game, or active lifestyle?

If this sounds like you, then you need an assessment with Next Level Physio's latest technology, a 3D running analysis by runDNA. Whether you're returning from an injury or aiming for your next PR, 3D running gait analysis is perfect for beginners, experienced runners, and everyone in-between.

Running analyses aren't new, and they have been done in 2D for several years. However, the use of 3D technology has completely changed the quality and usefulness of running gait analyses and includes sophisticated technology to help you reach your performance goals.

Still not convinced? Let's ask the experts at Next Level Physio to go through the most commonly-asked questions when it comes to 3D running analyses.



5 REASONS TO GET A 3D RUNNING GAIT ANALYSIS, ACCORDING TO EXPERTS

How is your 3D running gait analysis different from others, like the Dartfish analysis?

We admit, the Dartfish analysis provides excellent data for runners...in 2D.

Like we mentioned before, 3D is a game-changer for more reasons than a simple upgrade in technology. 3D running gait analysis, specifically the system by runDNA, provides a comprehensive analysis of your body mechanics while running and identifies areas that need correction. Ultimately, this results in a better running form so that you can run faster and more efficiently.

I'm a running/triathlon coach. How would a 3D running gait analysis help my team?

As a coach, you're always looking to have an edge over your competition. After all, you are recognized and paid to improve performance, right?

Then look no further. Providing your club or team with the gold standard in 3D running gait analysis gives you more credibility and authority when giving feedback to your runners. Additionally, working with one of our experts, all doctors of physical therapy, at Next Level Physio can provide the best approach to keeping your athletes healthy and strong all year long.



5 REASONS TO GET A 3D RUNNING GAIT ANALYSIS, ACCORDING TO EXPERTS

I seem to get injured whenever I try to hit a PR. Can 3D running gait analysis help me avoid injury?

We hear this all the time, especially when runners try to push their performance to the next level.

3D running gait analysis plays a huge role in injury prevention since it provides valuable information about the transverse plane, which is where most running injuries take place. Your results will show you (1) how your joints and limbs really move, (2) abnormal running patterns, and (3) a frame-by-frame movement analysis of your entire body. This information is critical to reduce your risk of injury from overuse and impact forces.

Is it possible to learn how to run faster with a 3D running analysis?

Are you one of those experienced runners who can't seem to increase your speed, regardless of how hard you try? Although most runners have maximum peak speed, a majority of us won't come close to that pace without help from a detailed running gait analysis, like runDNA.

Plus, a great running coach and corrective running program based on your 3D analysis, can drastically improve your running efficiency to increase your speed. Working with experts at Next Level Physio can further accelerate your performance over time.



5 REASONS TO GET A 3D RUNNING GAIT ANALYSIS, ACCORDING TO EXPERTS

I already did a running gait analysis, but is there a running program to correct my issues?

Next Level Physio and runDNA have teamed together to create a corrective exercise program that is solely based on your running pattern. In this program, you will be shown how to fix the movement errors that are slowing you down, causing injury, keeping you from your best performance.

We hope that this convinced you of all the reasons how a 3D running gait analysis would benefit you or your team but, if not, then come see for yourself.

Email us at info@gonextlevelphysio.com to learn more about our 3D system and Faster Runner corrective exercise program.