THRIVE HQ
Performance Physiotherapy

Running Analysis Instructions

Getting Started

- Warm-up on your treadmill for at least 5-10 minutes, gradually working up in speed to your typical running pace.
- Your physical therapist may give your more specific instructions depending on if your injury occurs only at certain speeds, inclines, etc.
- If you are already doing a running workout on your treadmill, we suggest completing the video analysis AT THE END or AFTER your workout. This allows us to see what happens to your technique as you are most fatigued, which is when injuries most typically occur.

Camera Setup

- Use your phone's video recording camera for this analysis
- You will video yourself running from 2 different angles for this analysis.
    - Angle 1 = behind
        - A tripod would be ideal for stabilizing camera
        - Camera needs to be lined up directly in midline of the runner
        - Camera height should be about at waist level of the runner
        - Ensure that the video is capturing the runner's entire body
    - Angle 2 = right side
        - Camera needs to be lined up directly in midline of the runner
        - Camera height should be about at knee level of the runner
        - Ensure that the video is capturing the runner's entire body
        - If possible, runner is slightly back on the tread of the treadmill so the treadmill arm is not blocking the camera view

RUNNING Analysis Process

- Begin jogging at your normal running pace on a 1% incline
- Record from behind for 1 minute while jogging at your normal pace
- Stop recording
- Record from the right side for 1 minute while jogging at your normal pace
- Stop recording

Sending Video

After completing the video analysis, complete the following steps:

- Option 1: Send the videos via email to info@thrive-hq.com
- Option 2: If the videos are too large of file sizes, share the video via a Google Drive link with info@thrive-hq.com

For any questions, please feel free to contact us one of the following ways:

Call/Text: 651-383-2626
Email: info@thrive-hq.com