

Services

3D Running Analysis

If you have pain or limitation and live in Greenville-Spartanburg SC, then call the rehab experts at Purposed Physical Therapy at (864) 881-1712 or you can fill out our New Patient Form by clicking HERE and we will call you!

WHAT IS 3D RUNNING GAIT ANALYSIS?

Simplify Running and Get The Results You Want with Running Analysis!

What used to only be accessible for higher-level athletes, or for University research, Purposed Physical Therapy was THE FIRST Clinic In The Southeast to bring 3D Running Analysis TO THE LOCAL ATHLETE!

Have you been given countless home exercises and spent a lot of time rehabilitating an injury? Are you wondering how you can figure out what is most important to get you running pain free? What if you could prevent future injuries and maybe even run a little faster?!

- The Physical Therapists at Purposed Physical Therapy goes beyond 2D video analysis and offers the latest in 3D Running Gait Analysis so you can **get the information and results you need to improve running form and prevent (or overcome) running injuries!**
 - Combining our Running-Specific Functional Movement Screen with our 3D Running Gait Analysis Unit, we can figure out what really matters; and therefore give you the exercises & drills that will **make quick and important changes to your running form, so you can get back to running the correct away!**
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For Those Who:

Want to run their best by **optimizing their form** / Are **new to running** & need to learn how to run / Want to **return to running after an injury or surgery** / Have tried rest & **treatment with no success** / Were told not to run but **don't want to stop running** / Love being with run buddies but

are **constantly sidelined** due to injuries / Are not runners but are in **a sport that involves running** (soccer, baseball, basketball, lacrosse, football, etc.)

You Need To Know...

Successful running is not just good form. We aim to learn all about why runner's get injured and what we as running professionals can do to treat and/or prevent injuries and maximize your performance.

...You Need To Be Shown...

We provide knowledge, education, and handouts, so you know how to be your best run-self. Our Running Movement Screen identifies Mobility, Flexibility, Stability, & Motor Control limitations in minutes. Then our 3D Running Analysis Unit makes it feasible and affordable for the running community to **benefit from the Gold Standard of run analytics.**

...Then You Need To Go!

Once you have been measured, how do you know when to change it and whether you actually made the change you were hoping for? Our 3D Running Analysis Unit will provide detailed **programs targeting the most common reasons for changes in running form.** Combine this with our 3D motion analysis and you can rest assured **you are making meaningful lasting changes.**

TWO MAIN OPTIONS

1. 60m \$80 Self-Pay

- ◆ You will perform a Functional Movement Screen Designed for Runners to assess fully body flexibility, stability, & motor control
- ◆ The **Physical Therapist** goes over your Functional Movement Screen
- ◆ You will perform a 3D Running Analysis
- ◆ The **Physical Therapist** goes over your 3D Running Analysis Results
- ◆ We email you a 9-15 page personalized report based on your Functional Movement Screen & 3D Running Analysis

2. 60m Use Your Health Insurance - Cost Varies Based on Your Plan

- ◆ You will perform a Functional Movement Screen Designed for Runners to assess fully body flexibility, stability, & motor control
- ◆ The **Physical Therapist** goes over your Functional Movement Screen
- ◆ You will perform a 3D Running Analysis
- ◆ The **Physical Therapist** goes over your 3D Running Analysis Results
- ◆ We email you a 9-15 page personalized report based on your Functional Movement Screen & 3D Running Analysis

Because **Purposed Physical Therapy try to fit 2-3 hours worth of data collection into a single 60 minute visit (in order to help save you money), we usually do not have times to give individualized corrective

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exercises, and/or run drills or form cueing, that are specific to improving your Functional Movement Screen and 3D Running Assessment during your first visit. Therefore, we usually encourage scheduling a follow-up appointment in order to have more dedicated time for your PT to educate you on exercises that can: (1) increase your run-specific strength/flexibility/motor-control, (2) improve your running form with drills/cueing, and (3) help you avoid running injuries based on your screens.

GROUP PACKAGE (3+)

- **45m Screen - \$60/Person Self-Pay**

- ◆ We can screen a whole team in our office or at your location (if there is a treadmill) for a discounted rate
 - ◇ Each individual will perform a Functional Movement Screen Designed for Runners to assess fully body flexibility, stability, & motor control
 - ◇ Each individual will perform a 3D Running Analysis
 - ◇ We email each individual a 9-15 page personalized report based on your Functional Movement Screen & 3D Running Analysis