

Mail-in Video Gait Analysis at BRC

General guidelines:

- 1) Wear tight skin pants or shorts and a tight top.
- 2) If possible have your pants and shirt be different colors (one dark and one light)
- 3) Tuck your shirt in (evenly and as much as possible)
- 4) Be sure no dark shadows or dark walls/trucks/cars etc are behind you when filming. If there is sun out be sure the sun is above or behind the camera, which will prevent your own shadow from darkening your image on the camera.
- 5) Total size of all videos can not exceed 2 GB so be sure to cut out any unneeded footage. For example, have a friend stop and start the camera with each pass in front of the camera.
- 6) If a track is not available be sure the terrain is flat and smooth.
- 7) Be sure camera is horizontally even.
- 8) Run natural – don't think about it!

Note: The treadmill views make only a very small portion of the analysis, as how you are running outside is most important. With this in mind, if a treadmill is not attainable, a mail-in video gait analysis will still be effective. If possible simply record an extra 'Outdoor Front/back View', but with bare feet. This recording should include 3 towards and away runs.

Step 1: Making your videos

Outdoor videos:

View #1: Side view

Adjust the camera so that your body takes up around 80% of the height of the screen, and allows for at least one gait cycle with-in the frame (e.g. right leg touches, left leg touches, and right touches again). The total distance you should run for each pass is around 10 meters. Run back and forth (right to left and left to right) 4-5 times (or 8-10 passes in front of the camera). Be sure you are running your natural stride with-in the span of the camera – so perhaps allow 5-10 meters outside of the camera view to get into your normal stride. Camera height should be equal to your hips.



Run from right to left



AND left to right

View #2: Front/Back view

Place camera to a height 3-6 inches above the ground. **For each recording where you are running away from the camera be sure to start by standing directly in front of camera as shown:**



Run away from the camera in a straight line for 20-30 meters. Then turn around and run directly towards the camera, again in a straight line. If on a track, place the camera in the middle of a lane and be sure to run in the middle of the line each time:



The few steps when you are closest to the camera are most important. Try not to start to swerve around the camera until the last step or two – but don't hit the camera!



Run towards and away from the camera 4-5 times (so 4-5 going away with 4-5 going towards).

View #3: Treadmill lower

First, for all treadmill views please run barefoot. Place the camera behind the treadmill low to the ground so it is even with the belt. Zoom in so only the back of knees and below will be shown:



Record 10-20 seconds of running.

View #4: Treadmill full body

Place the camera behind the treadmill and to a height even with your hips. Be sure the full body is in view and record 10-20 seconds:



View #5: Treadmill side

Place the camera to the side of the treadmill (even with the middle of the side of the belt – e.g. where you will be running on the treadmill) and at a height even with your hips. Record 10-20 seconds.



Step 2: Sending your videos

If your email does not support sending large files, we recommend using www.filemail.com. The total size of all videos must not exceed 2 GB and the following formats are accepted: .AVI, .WMV, .MOV, .MPG (mpeg1). Simply send the files to admin@bostonrunningcenter.com, or mail the files on dvd or cd to BRC, 1682 Beacon Street, Brookline, MA 02445. Please provide email, phone, and mailing address with the videos.

Step 3: Confirmation/payment

When your files have been received, and the format tested with our software, you will receive an email confirming your videos have arrived. At this point please pay for the 'Mail-in Video Gait Analysis' on the gait analysis page of our website (<http://www.bostonrunningcenter.com/gaitanalysis.cfm#pay>). Once payment has been received our bio-mechanical experts will begin analyzing your video.

Step 4: Results

In 7-10 days after confirming receipt of your files, you will receive the results via regular mail. This package will include over 40 pictures and measurements of your stride at key parts of the gait cycle, a written summary and description of the findings, and specific recommendations for correcting inefficiencies and/or potential injury-causing patterns in your form. These recommendations will include detailed descriptions, pictures, and/or videos of specific exercises and treatments that are unique to your situation.

After reviewing the materials please contact us at 617-487-5055 or admin@bostonrunningcenter.com to schedule a 20-30 minute follow-up phone call with your VGA administrator. During this call it is best to be in front of the computer with the materials in front of you.

If there are any questions please don't hesitate to contact us.

Thank you!

The Boston Running Center Team