

# Home/Remote 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) If a track is not available be sure the terrain is flat and smooth.
- 6) Be sure camera is horizontally even.
- 7) Run natural – don't think about it!

## 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.



Please send your videos through filemail.com to [admin@bostonrunningcenter.com](mailto:admin@bostonrunningcenter.com).