

# GAITON RUNNING ANALYSIS



## AIMS

1. To assess and eliminate the risk factors associated with poor running patterns.
2. Applying basic ergonomic principles and advice to improve running thus eliminating the number and severity of musculoskeletal disorders (MSDs)/injuries.

Abnormal running patterns can lead to aches and pains in the legs and spine. It can also lead to musculoskeletal injuries. Identifying abnormalities in walking patterns and correction of the same can help prevent injuries.

## THE PROGRAM WILL BE CONDUCTED IN 4 PHASES

- 1 Assess the individuals during running using the GaitOn System.
- 2 Analysis of running using the software and identifying the abnormalities and running errors.
- 3 Once the problem is identified, advice and exercise training will be implemented for the correction of running pattern.
- 4 Revaluation will be done (step 1 shall be repeated) after one month to assess the effect advice and exercise training using the same software based system.

## NOTE

The program can be modified as per the need of industry. The final proposal will be proposed after understanding the nature of work.

## CONTACT PERSON

**Dr. Bhavesh Mewada**  
Consultancy Center | ☎: +91 7486018533

**Dr. Dharmang Vyas**  
Parul Institute of Physiotherapy | ☎: +91 8758958568

**Dr. Sandip Parekh**  
Parul Institute of Physiotherapy & Research  
☎: +91 9727081135