



Ask a member of staff for more details or to book an assessment.

OPTOGAIT



BOOK YOUR
OPTOGAIT
ASSESSMENT
TODAY

GAIT ANALYSIS

Advanced & Accurate Gait
Analysis with Instant Feedback

Do you suffer from lower limb, back or hip pain which causes you discomfort when you walk?

By performing a gait analysis assessment with OptoGait we can study, in detail, the way you walk or run and detect any deficiencies, postural problems or asymmetries that can be affecting your movement and or causing you pain.



Did you know?

- **The average person takes between 3,000 and 4,000 steps a day. This repetitive motion combined with an abnormal gait cycle can place further stress on the foot, legs, pelvis and back resulting in pain and discomfort when walking.**
- **Running can place four to eight times the amount of force on the knee joint than walking so a good gait profile is essential if you take part in sporting activities.**
- **Many people can move about with abnormal or asymmetrical gait patterns for years without any symptoms, but if untreated, this can increase your risk of injury in later life.**

FAQ

What is gait analysis?

The term 'gait' refers to the way in which you move. By analysing the way you walk or run we can detect and diagnose any movement or balance problems that may be causing you pain and/or making you more prone to injuries and long term damage. After the analysis your clinician will be able to tell you if you have a 'normal' gait cycle or one that might need some correction.

How can a gait analysis assessment benefit me?

The benefit of gait analysis is that it can very accurately identify over-active/under-active muscles, potential injuries, and deficiencies. Once these problems have been highlighted in your assessment, your clinician can then offer you a solution to help aid your recovery and enhance your overall performance, and therefore prevent the risk of any future injury and long-term damage.

What treatment methods are commonly used as a result of an OptoGait assessment?

Depending on the results of your assessment, you may be advised to incorporate some rehabilitation exercises into your daily routine to help strengthen your muscles. In other cases, where there are deficiencies present in the foot/ankle, you may be prescribed custom or corrective insoles to wear which comfort and support your feet when walking.

How long does an OptoGait assessment take and how often would I need to have one?

An OptoGait assessment typically takes between 30 and 60 minutes depending on the complexity of the assessment. In most cases, the clinician will perform an initial gait analysis and, if required, a couple of follow-up sessions to monitor your progress. However, complex deficiencies or the use of OptoGait as an exercise tool may involve further visits.

What will I be asked to do as part of my assessment?

You will be briefed on the assessment procedure prior to taking part. In most cases, you will be required to walk, jog or run between the two OptoGait bars (located on floor space or a treadmill) as part of the assessment. Your clinician will be able to answer any further questions that you have before analysing your gait.

How does the OptoGait differ from gait analysis assessments in running shops?

The free gait analysis assessments you can get in running shops are simply there to help you buy a new pair of trainers. It cannot diagnose any problems with your gait or identify any deficiencies that may be predisposing you to injury. The OptoGait, unlike gait analysis systems used in running shops, is one of the most accurate and effective systems available to analyse gait as it measures numerous variables, and the more feedback the more accurate the results!