



Gait (walking)/Running Analysis Pre-test instructions

Subject name (printed) _____ Testing Date and Time: _____

On the day of the test, please check in at the front desk of The Summit, and inform them that you are here for a Exercise and Sports Science Center (ESSC) Gait (walking) or Running Analysis.

The following is a list of recommendations to endure a safe and effective test:

- Wear tight fitting exercise clothing (e.g. training tights and top, sports bra, shorts) to facilitate placement and adherence of reflective markers on anatomical locations of the head, torso, arms, hips, legs, and feet. The wearing of this clothing type is vital to collecting accurate data.
- Depending on personal comfort level, subjects can choose to wear a tight-fitting top, or using only a sports bra (female) or shirtless (male)
- Appropriate athletic footwear (e.g. walking shoes for a gait analysis, running shoes for a running analysis)
- Body lotions, perfumes, or similar products should not be used on test day
- Drink plenty of fluids over the 48-hour period preceding the test to ensure normal hydration during the test
- Maintain a healthy diet several days before the test. You may eat a light meal 2-3 hours before testing
- Avoid tobacco and alcohol for at least 4 hours before testing. Avoid caffeinated drinks for 12 hours prior to testing if possible
- Avoid strenuous cardiovascular or resistance training, exercise, or activity the day of the test
- Get an adequate amount of sleep [6-8 hours] the night before the test
- Do not stop taking prescription medications unless specified by your physician, and bring a list of any medications with you to your appointment
- Please bring a water bottle filled with water or sport drink and a light, quick-energy snack if possible

Please be prepared to walk or run as you always do – don’t consciously change your walking/running pattern during data collection. Our staff will do everything possible to care for you and encourage you to give your best effort. We look forward to working with you.

I acknowledge that I have read and understood the pre-test instructions for the Biomechanical analysis.

_____	_____	_____
Subject’s Signature	Subject’s Printed Name	Date

_____	_____	_____
Parent Signature (if subject is a minor)	Parent Printed Name	Date