

Gait (walking)/Running Analysis Pre-test instructions

Subject name (printed)Testing Date and Time:		nd Time:	
		orm them that you are here for a	
owing is a list of recommendation	ns to endure a safe and effective test:		
and adherence of reflective mar	thing (e.g. training tights and top, sports bra, shorts) to facilitate placement arkers on anatomical locations of the head, torso, arms, hips, legs, and feet. ppe is vital to collecting accurate data.		
Appropriate athletic footwear (e	e.g. walking shoes for a gait analysis, runni	ing shoes for a running analysis)	
Body lotions, perfumes, or simila	ar products should not be used on test da	у	
Drink plenty of fluids over the 48 test	48-hour period preceding the test to ensure normal hydration during the		
Maintain a healthy diet several o	days before the test. You may eat a light meal 2-3 hours before testing		
Avoid tobacco and alcohol for at to testing if possible	t least 4 hours before testing. Avoid caffei	nated drinks for 12 hours prior	
Avoid strenuous cardiovascular	r or resistance training, exercise, or activity the day of the test		
Get an adequate amount of slee	ep [6-8 hours] the night before the test		
		ician, and bring a list of any	
Please bring a water bottle filled	l with water or sport drink and a light, qui	ck-energy snack if possible	
data collection. Our staff will do	everything possible to care for you and		
wledge that I have read and under	rstood the pre-test instructions for the Bio	omechanical analysis.	
Subject's Signature	Subject's Printed Name	 Date	
	day of the test, please check in all and Sports Science Center (ESSC lowing is a list of recommendation). Wear tight fitting exercise clothing and adherence of reflective many. The wearing of this clothing type. Depending on personal comfort sports bra (female) or shirtless (Appropriate athletic footwear (ease). Body lotions, perfumes, or similar Drink plenty of fluids over the 4st test. Maintain a healthy diet several of the desting if possible. Avoid strenuous cardiovascular. Get an adequate amount of sleet. Do not stop taking prescription is medications with you to your apprecated to walk or run as you data collection. Our staff will do we look forward to working with well and under the several and under the several of the prepared to working with the well-dependent of the several of the prepared to working with the well-dependent of the several	day of the test, please check in at the front desk of The Summit, and infore and Sports Science Center (ESSC) Gait (walking) or Running Analysis. Iowing 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 and adherence of reflective markers on anatomical locations of the head, The wearing of this clothing type is vital to collecting accurate data. Depending on personal comfort level, subjects can choose to wear a tight sports bra (female) or shirtless (male) Appropriate athletic footwear (e.g. walking shoes for a gait analysis, runn Body lotions, perfumes, or similar products should not be used on test da Drink plenty of fluids over the 48-hour period preceding the test to ensurtest Maintain a healthy diet several days before the test. You may eat a light of the testing if possible Avoid tobacco and alcohol for at least 4 hours before testing. Avoid caffeit to testing if possible Avoid strenuous cardiovascular or resistance training, exercise, or activity Get an adequate amount of sleep [6-8 hours] the night before the test Do not stop taking prescription medications unless specified by your physmedications with you to your appointment Please bring a water bottle filled with water or sport drink and a light, qui be prepared to walk or run as you always do — don't consciously chang data collection. Our staff will do everything possible to care for you and We look forward to working with you. wledge that I have read and understood the pre-test instructions for the Bid	

Parent Printed Name

Date

Parent Signature (if subject is a minor)