

Services

Gait Training / Running Analysis

The way you walk and run can often determine your likelihood of being susceptible to injury or serious mobility issues in the future.

Our physical therapists work with a wide range of patients, from geriatric clients to recreational athletes, to conduct gait assessments and training and running analyses.

In this way we can determine what movement-related issues can be avoided with advance thought, training and exercise, and prevent against injury in the future.