

Keyfindings running kinematics

Increased vertical oscillation /bounce
Stride too long

There is a role for gate retraining!

Goals for gate retraining will be:

- Decrease vertical oscillation
- Learn to run 'softer'
- Increase cadence

Way to achieve these goals:

- Reduce speed
- Instruction
- * Run 'softer'
- * Use of metronome > first 4-5' comfortable speed , increase cadence 5-7 %
- * Run with shorter steps

Barrières:

No change in symptoms? Similar to case one.

Pt ask for reduction in symptoms, if not, increase cadence with 5 %