

## **Keyfindings running kinematics**

Pelvic drop

Feet not besides midline

There is a role for gate retraining!

Goals for gate retraining will be:

- Facilitating knee window, cue mentioned in case 1
- cadence seems to be sufficient
- Try to run softer in order to decrease GRF
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Way to achieve this goals:

Training Calfs , hip-trunk stabiliteit

Shorten walking distance/ volume. 3 session per week/ altenate crosstraining

Check for red flags. (LowBMI , hist of stress fract)