


Date: _____ Patient: _____ Injury: _____

Speed/Pace/Incline: _____ Current Cadence: _____ Pain: _____

Posterior View:

		LEFT	RIGHT	COMMENTS
Midstance (MS): 	Trunk Side Bend	Appropriate	Appropriate	
		Mild Ipsilateral	Mild Ipsilateral	
		Excessive Ipsilateral	Excessive Ipsilateral	
	Pelvic Tilt/Drop	Trendelenburg	Trendelenburg	
		Appropriate (3-5° Male / 4-7° Female)	Appropriate (3-5° Male / 4-7° Female)	
		Compensated Trendelenburg	Compensated Trendelenburg	
	Knee Joint Center Alignment	Lateral	Lateral	
		Midline	Midline	
		Medial	Medial	
Measured at any Point:	Knee Separation	Narrow	Narrow	
		Appropriate	Appropriate	
		Wide	Wide	
	Foot-COM Position	Narrow	Narrow	
		Appropriate	Appropriate	
		Wide	Wide	
	Rearfoot Position	Excessive / Uncontrolled Pronation	Excessive / Uncontrolled Pronation	
		Appropriate	Appropriate	
		Limited or Supinated	Limited or Supinated	
	Forefoot Position / Heel Whip	Toe Out	Toe Out	
		Appropriate	Appropriate	
		Toe In	Toe In	
	Trunk Rotation / Arm Swing	Limited	Limited	
		Appropriate	Appropriate	
		Excessive	Excessive	

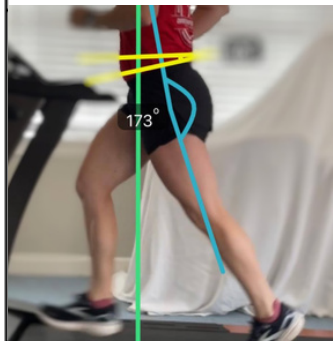
Sagittal View:**Initial Contact (IC)**

		LEFT	RIGHT	COMMENTS
	Heel-COM / Tibial Inclination Angle	Overstride	Overstride	
		Appropriate	Appropriate	
		Understride	Understride	
	Foot Strike Pattern	Heel strike (>10°)	Heel strike (>10°)	
		Rearfoot	Rearfoot	
		Midfoot	Midfoot	
		Forefoot	Forefoot	
	Knee Flexion	Lack of Flexion (<20°)	Lack of Flexion (<20°)	
		Appropriate (20°)	Appropriate (20°)	
		Excessive Flexion (>20°)	Excessive Flexion (>20°)	

Midstance (MS)

	Knee Flexion	Lack of Flexion (<35°)	Lack of Flexion (<35°)	
		Appropriate (40°)	Appropriate (40°)	
		Excessive Flexion (>50°)	Excessive Flexion (>50°)	
	Ankle Dorsiflexion	Decreased	Decreased	
		Knee over toes	Knee over toes	
		Excessive	Excessive	

Toe Off (TO)

	Hip Extension	Decreased (<5°)	Decreased (<5°)	
		Appropriate (5-10°)	Appropriate (5-10°)	
		Excessive (>10°)	Excessive (>10°)	

Other (Measured at any Point)**Additional Comments/Summary:**

Anterior Pelvic Tilt (5-10°):

Lumbar Lordosis (Slight Extension):

COM Vertical Displacement (6-8 cm):

Forward Trunk Lean (5-10°):

Running-Specific WU
**S&C options: online
program and in-person**
