



Run3D Assessment Comparison

	Fit to Run	Run3D Silver	Run3D Gold
Duration	1 hr +	1 hr 15 mins +	2 hr +
Cost	From £125	From £165	From £295
Who is it for?	New runners Recreational runners Runners increasing training	Injured runners Non-injured runners (injury prevention & performance) Individuals with musculoskeletal conditions	Injured runners Non-injured runners (injury prevention & performance) Individuals with musculoskeletal conditions

What is it?

Medical history by trained healthcare professional	✓	✓	✓
Visual gait analysis by trained healthcare professional	✓	✓	✓
2D video gait analysis of your lower-limbs		✓	✓
3D infrared gait analysis of your lower-limbs		✓	✓
Spatial-temporal analysis (e.g. cadence, over-stride, width, vertical motion)		✓	✓
Real-time 3D gait and spatial-temporal analysis		✓	✓
Multi running shoe/orthotic device comparison		✓	✓
Identification of 25 injury risk-factors/performance indicators		✓	✓
Objective 3D gait retraining trial		✓	✓
Muscular strength testing	✓		✓
Flexibility and joint range of motion testing	✓		✓
Anatomical alignment testing	✓		✓
Functional testing	✓		✓
Objective identification of musculoskeletal deficits	✓		✓

What Do I Get?

Please note that the content of the report will depend on the type of assessment that you had.

Customised report with test results	✓	✓	✓
Report review with trained healthcare professional	✓	✓	✓
Evidence-based rehabilitation advice	✓	✓	✓
Subjective running technique advice	✓		
Objective running technique advice		✓	✓
2D video and 3D animation of you walking/running		✓	✓
Proven injury prevention advice	✓	✓	✓
Trainer recommendation	✓	✓	✓
Measureable performance recommendations		✓	✓
Quantified outcome measures to precisely monitor your progress over time	✓	✓	✓