3D Gait Lab is the most innovative health solution to help prevent and treat running and walking injuries. It is backed by the world's largest database of three-dimensional biomechanical walking and running data.

A scientifically accurate gait analysis tool.

3D Gait analysis assesses how the pelvis, hips, knees and ankles rest and move in standing, walking or running. It allows accurate detection of normal and abnormal movement patterns which cause or lead to an injury.

Why is it useful?

Knowing how the joints are moving tells us which muscles are tight or weak and therefore what treatment needs to be done. Assessing all the joints at once saves time and allows us to rule out certain exercises too. This means that you start your rehab journey even quicker and that every exercise you are given is in the best order and tailored to achieve the best possible results.
We look forward to guiding you back to recovery.

**3D Motion Capture**

The reflective markers are placed onto the pelvis, hips, knees and ankles by your Physiotherapist with simple adhesive tape. You will then stand onto the treadmill and the cameras behind you will detect the reflective markers and use this to map a digital image of your body on the computer.

The computer system then calculates the necessary parameters to show how your joints are moving and produces a report to show the main causes of weakness or pain. You will get a copy of this report to use to track your changes from the start to the finish of your rehab journey.

**Gait analysis** can be used if you have suffered any of the following conditions. It is important that you have had your condition assessed by a Physiotherapist & your pain is under control.

- Arthritis
- Running injuries
- Hip pain
- Knee pain
- Tendonitis
- Heel pain
- Back pain
- Recurrent ankle sprains
- Hyper-mobility

**Initial assessment** takes approximately 45-60 minutes. Your report will be analyzed by your physiotherapist and then discussed with you at your next appointment. All you need to bring are your cycling shorts and running shoes if applicable.

**Cost** of initial assessment: S$350

For more information please contact info@physioasia.com or call +65 6736 4142