

# Understand Your Run

Leverage the latest research-grade 3D motion technology to understand your running and walking gait like never before! In 10-minutes, the patented MPT-GAIT system provides measurements and visualizations of more than 40 distinct walking and running gait characteristics.



Complete lower-body 3D Gait assessment in under 10 minutes!

Instantly compare your hip, knee, ankle to your peer group of runners.

View your complete running pattern in 3D from any angle.

Analyze and evaluate your movements like never before.

**Injury Prevention**

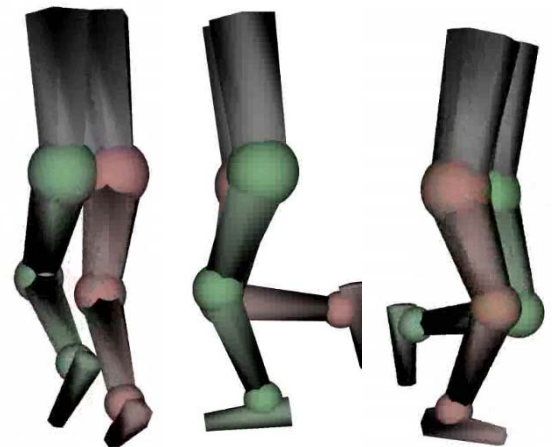
**Performance Improvement**

**Running Analytics**

**Rehabilitation**

Gait Parameter	Left	Right
Flight Time		
Max Stance Hip Flexion (+)		
Toe Off Hip Extension (-)		
Max Stance Hip Adduction (+)		
Max Stance Hip IR (+)		
Max Stance Knee Flexion (+)		
Max Stance Knee Varus (-)		
Max Stance Knee Valus (+)		

**Technology as accurate as professional athletes use!**



Available at:



**Grayslake Rehabilitation**

997 N. Corporate Circle

Grayslake, IL

[www.grayslakerehab.com](http://www.grayslakerehab.com)

847-223-8001

# \$149<sup>99</sup>

**What's included:**

- 60-minute PT consultation
- Comprehensive electronic and printed gait assessment & comparison to your peer runners
- Personalized injury prevention recommendations
- Forever storage of your report and visualizations for future analytics

Disclaimer: The MPT-GAIT system by Metria Innovation Inc. and the resulting reports, measurements, comparisons and visualizations are for informational purposes only. The information provided should only be used in conjunction with consultation by a qualified fitness or medical professional.