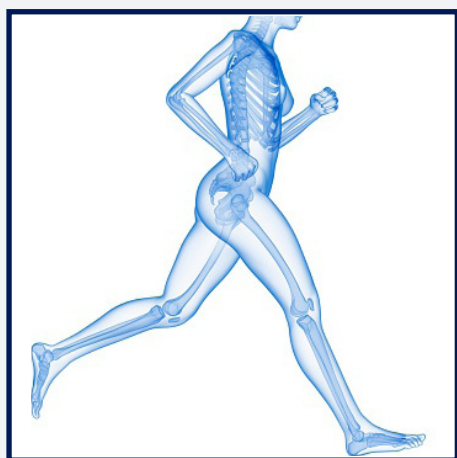


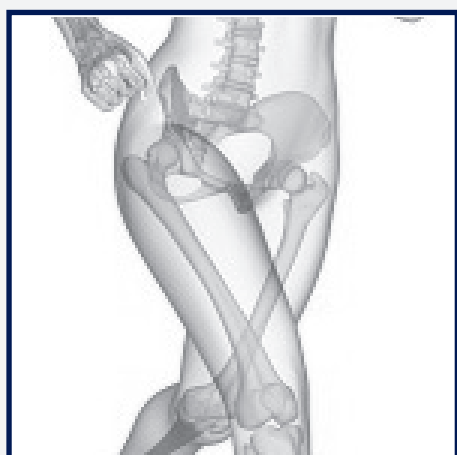


YOUR REHABILITATION

Recommendations based on your Run3D results



*Evidence-based
rehabilitation
from Run3D*



Client Name: Emma Neachelle

Date of Birth: 07/02/2020

Clinician Name: admin

Assessment Date: 07/02/2020



YOUR REHABILITATION PROGRAMME

Your clinician has interpreted the results of your Run3D assessment and used the information to create this evidence-based rehabilitation programme. These recommendations might include gait retraining, exercise therapy, strength and conditioning, orthotic/footwear solutions, physiotherapy treatment or referral to another specialist.

Your clinician will discuss this programme with you. It is extremely important that you heed the advice given in order to benefit from your Run3D assessment and achieve your goals.

If you have any questions about your report or this rehabilitation programme, then please do not hesitate to contact your clinician directly.

DISCLAIMER

This rehabilitation programme has been put together by your clinician and is based on his/her interpretation of data collected using a Run3D gait analysis system. The clinician who carried-out your assessment and created this programme is not employed by Run3D Limited and is a healthcare professional providing independent advice and services.

Neither Run3D Limited nor its officers, employees or representatives will be liable for any claim, proceedings, loss or damage of any kind arising from or in connection with acting, or not acting, on the information presented here.

Crab Walk in Squatting

Position: Standing with a theraband tied in a loop around your ankles and arms crossed over your chest. Feet should be about shoulder-width apart. Bend your knees into a $\frac{1}{4}$ squat position.

Movement: Maintaining the squat position, take small steps sideways for a suggested time or number. Repeat on the other side.

Tips: Changing the depth of your squat will slightly change how you work your muscles.

Sets: 3
Tempo: 3
Frequency: Daily

Repetitions: 10
Duration: N/A

Comments:



Gastrocnemius Stretch

Position: Standing in step stance with your hands on the wall and heels on the ground.

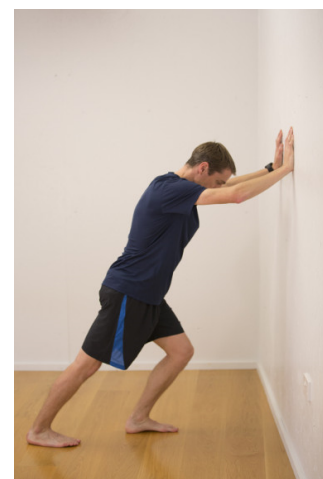
Movement: Bend the forward knee, keeping the back leg straight and heel on the ground. You should feel the stretch in the back of your calf.

Tips: Keep your back heel on the ground and lean as far forward as you can to feel more of a stretch.

Sets: 2
Tempo: N/A
Frequency: Daily

Repetitions: N/A
Duration: 30 s

Comments:



Soleus Stretch

Position: Standing with arms against a wall, one leg forward, on leg back.

Movement: Bend the back and front leg to about 45 degrees, keeping the heels on the ground. You should feel this stretch in the lower portion of your calf on the back leg. Maintain this position for the recommended amount of time.

Tips: Your back leg will only be a short distance behind your front leg.

Sets: 2
Tempo: N/A
Frequency: Daily

Repetitions: N/A
Duration: 30 s

Comments:

