

Virtual Video Gait Analysis



NovaCare[®]
REHABILITATION
The Power of Physical Therapy™

NovaCare Rehabilitation offers Biomechanical Video Gait Analysis (VGA) for rehabilitation, injury prevention and performance enhancement to help you achieve your fitness goals. We are now offering Virtual Analysis!

We can analyze your running form, technique and biomechanics from the comfort of your home.

Instructions:

- Email Jamie Meyer to sign up for your Virtual Video Gait Analysis
- Run for 10-15 minutes before recording your run.
- Record three 5 second views: Front, side and back and email that to Jamie from your own device

Analysis includes:

- Video evaluation of running form using Dartfish Technology
- Identification of biomechanical deficits that may contribute to injury
- Shoe wear recommendation
- Personalized packet with running exercises and drills based on your analysis
- Personalized media book with videos and key positions will be emailed
- Personalized packet available curbside pick up or mailed to your home
- Two pricing options (*services may be covered by your health insurance):
 - \$75 for the Analysis only where you email your videos
 - \$135 for a telerehab session to review your analysis and media book



For more information or to schedule your VGA please email NovaCare's Endurance Sports Specialist, Jamie Meyer at jlmeier@selectmedical.com

NovaCare Rehabilitation

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CONNECT



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