



Name

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Phone

Street

ZIP

City

Injuries / Troubles

Plantar fasciitis

Previous Shoe

Neutral

Mein letztes Modell war

Ultra boast

Comment for this analysis



Torso/hip/knee/lower leg to ground angle: Heel - low foot
foot to ground angle: Limited extension



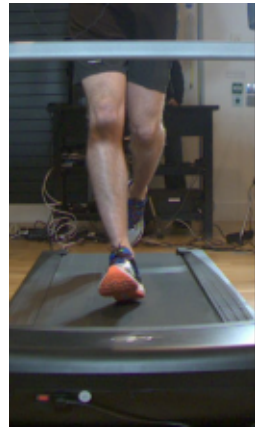
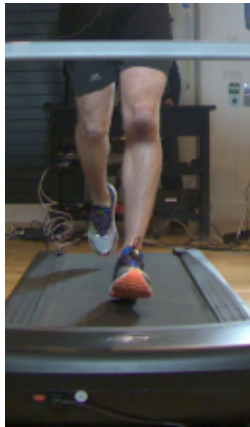
Torso/hip/knee/ankle: Limited extension



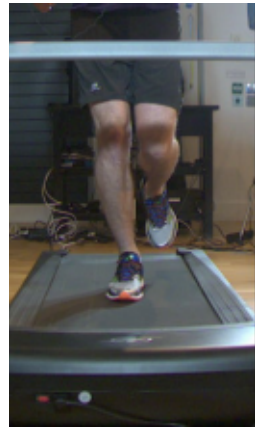
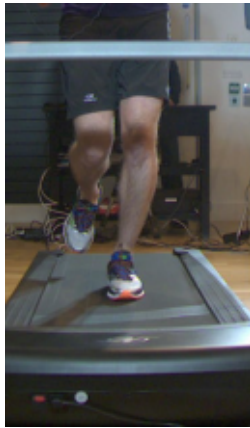
Knee:
Hip:
Ankle:



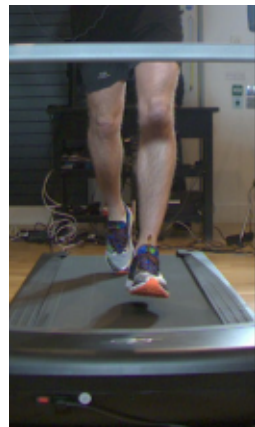
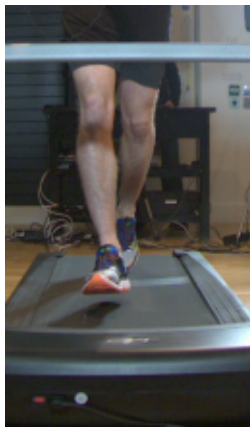
Midfoot/forefoot:



Foot to ground angle: Heel - low foot



Knee: Limited extension

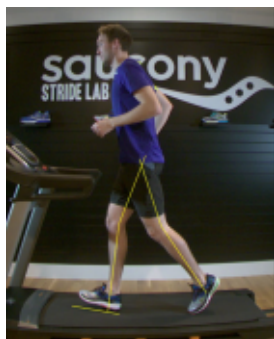
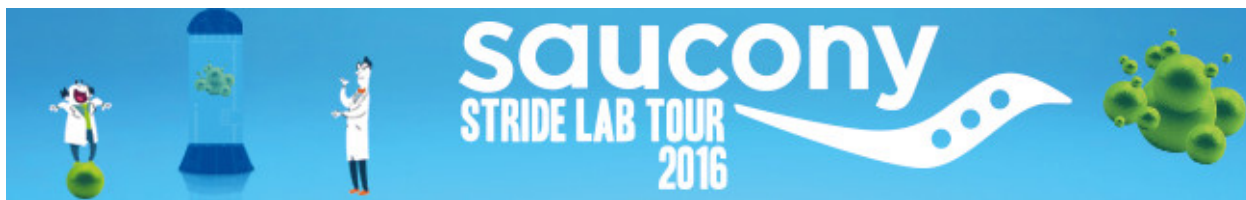


Midfoot/forefoot:



saucony
STRIDE LAB





Hip extension on both legs is reduced. More flexibility of hip flexors will activate the glutes medius.

Mid foot the foot is stable and preference is for neutral shoes.

Hips in mid stance are unstable on the left foot and stable on right foot. This difference could cause injuries long term.

Strength and conditioning training required in future if mileage is significantly increased.