

Running Clinic



Running Gait Analysis

Whether you are a new or seasoned runner, we can help improve your performance, reach a personal goal or reduce injury risk. Your assessment includes:

- Video analysis of your running gait
- Written interpretation of problem areas
- Copy of your video
- Dynamic strength testing
- Recommendations for reducing injury or correcting biomechanical problems

After 20+ years of saying "I can't run. I have crunchy knees," I signed up for GMC's running clinic. After analyzing my gait, Becky showed me exactly how I can run without hurting my knees, and gave me exercises to target the specific muscles I need to strengthen. Yesterday, I ran a one-mile route without having to walk, and without knee pain afterwards -- I feel like I'm 28 again!

-Lisa Stauffer

I managed to run the Rock 'n Roll Marathon in Savannah in 4:27! 15 minutes faster than last year. Your changing my stride increased my speed and made my running more efficient. I don't have to put forth nearly as much effort to run the same distances as before. Thanks!

-Michael Shepard

Your assessment will be conducted by Becky Thompson, PT, CSCS, Cert MDT, FMSC. Becky is a physical therapist and certified strength and conditioning specialist with an interest in running injuries. She is an avid runner and triathlete. Becky brings her own experiences as an injured runner to her practice. She has successfully worked with a variety of clientele from true beginners to seasoned runners.



For more information or to schedule an appointment call 678-312-6280 or contact Becky Thompson at rthompson14@gwinnettmedicalcenter.org.