



## Video Gait Analysis Intake Form

Thank you for choosing Stride Physio for your running analysis! We look forward to helping you understand more about your running biomechanics in order to help you achieve your goals. To best aid you on this journey, it's very helpful to know a bit about you as a runner:

***What prompted you to seek this gait analysis and what are your primary goals in doing so?***

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***Briefly describe your running history: Years running, level of training, etc.***

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***Briefly describe any history of injury related to or affecting your running:***

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***Do any of these injuries still affect you?***

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***Have you had a gait analysis in the past?*** \_\_\_\_\_

***Have you been to PT in the past?*** \_\_\_\_\_

***What shoes do you typically train in?*** \_\_\_\_\_

***What shoes do you typically race in?*** \_\_\_\_\_

***Do you wear orthotics?*** \_\_\_\_\_

***What is your current weekly mileage?*** \_\_\_\_\_

**What is your current long run distance if any?** \_\_\_\_\_

**What are your short-term running goals or upcoming races?**

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**What are your long-term running goals?**

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**Do you have any other questions or things you want to make sure that we review today?**

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**Client Checklist:**

- Running shoes – the ones you typically train in!
  - o If you have questions about other shoes, please bring them in and we can take a peek at them if we have time.
- A shirt that can be tucked in.
  - o Sports bras for women or shirtless for men are ideal, but we can absolutely complete the analysis with a shirt on if desired.
- Shorts or half tights that are a different color than your shirt.
- This form and the other new patient forms on the website
- UWRI Survey

If you have any additional questions prior to your appointment, please feel free to contact us at (206) 547-7445. We are looking forward to meeting you and helping you on your journey to efficient and injury free miles!

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Client Signature

\_\_\_\_\_  
Date