

## Our mission.

To provide each individual with the most comprehensive evaluation and cutting-edge information with the common goal of getting you back to walking or running as quickly and safely as possible. We know that just stopping is not an option. We are committed to getting you to the “finish line” of life.

## Getting started.

All that we need to get you started is a prescription from your primary care physician or specialist with an appropriate medical diagnosis. Simply, call our office during normal business hours at:

**Portage Office: 269.329.0934**  
**Kalamazoo Office: 269.375-4737**

We participate with most commercial insurances and would be happy to assist you with any benefit questions you may have. You can also visit our website at [www.agilitysportsmedicine.com](http://www.agilitysportsmedicine.com)

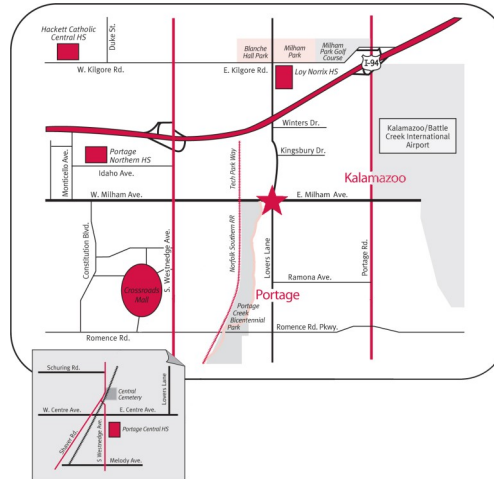


**Agility Physical Therapy & Sports Performance, LLC**

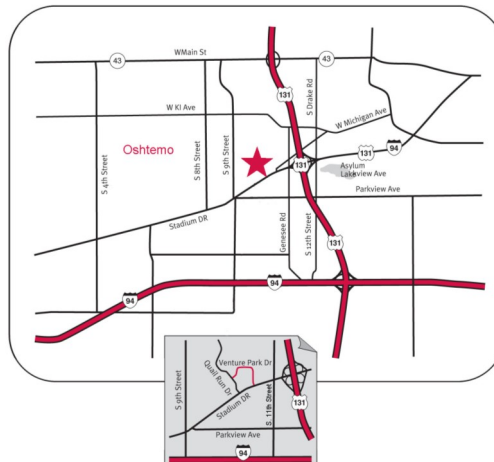
## Our locations.

We have two convenient locations now to serve the Southwest Michigan area.

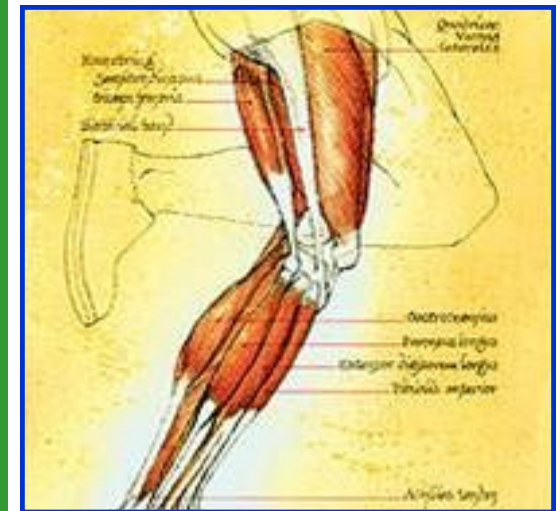
**PORTAGE:** 6106 Lovers Lane, Suite 3 (49002)  
Located on the southwest corner of E. Milham Ave. and Lovers Lane. The parking lot entrance is off Lovers Lane.



**KALAMAZOO:** 5886 Venture Park (49009)  
Located off Stadium Dr. west of US-131 behind DeNooyer Chevrolet. White brick building with a blue roof.



## Videotaped Gait Analysis for Running and Walking



“using technology to get you to the next step”

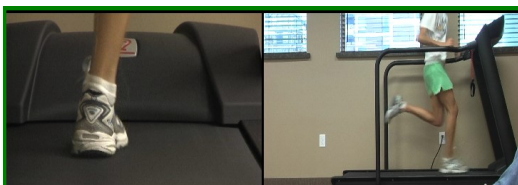


**Agility Physical Therapy & Sports Performance, LLC**

# Gait Evaluations for Running and Walking

## What is a gait evaluation?

A videotaped gait evaluation is a critical part of our normal physical therapy evaluation that will provide the therapist with necessary information to deliver the highest level of care to each patient.



Multi-view slow motion analysis using specialized computer software and two high-speed camcorders

A comprehensive evaluation is performed, including a biomechanical assessment of the ankle and foot. A videotaped running or walking gait analysis is done utilizing state-of-the-art computerized 2-D capturing software with dual high-speed digital camcorders.

## How does this help the patient?

- ✓ Recommendations for appropriate physical therapy intervention, including strength, flexibility and neuromuscular re-education exercises
- ✓ Footwear recommendations
- ✓ Determining the need for a customized foot orthotics



## Common diagnoses that would benefit.

- ✗ Plantar fasciitis / Achilles tendinitis
- ✗ Metatarsalgia / Neuroma pain
- ✗ Medial shin pain (Stress reaction or fracture)
- ✗ Anterior / Infrapatellar knee pain
- ✗ Patellofemoral pain syndrome
- ✗ Iliotibial band (ITB) syndrome
- ✗ Trochanteric bursitis or Posterior hip pain
- ✗ Low back or Sacroiliac (SI) joint dysfunction

## Will insurance cover this?

As this is part of our normal physical therapy evaluation, there is no additional cost to the patient aside from their normal insurance co-pay or deductible.

## Who is appropriate?

Any individual who is active and is having difficulties maintaining their functional status due to an injury. From the pediatric to the geriatric population, mobility is critical to a healthy lifestyle, and keeping them walking or running safely is our primary goal.



## Our staff.

Our staff have advanced training and expertise in motion biomechanics. With years of experience in working with walkers, runners and triathletes for injury management and performance enhancement, we can help get you to the START/FINISH line.

More importantly...we are *athletes* helping *athletes!*

