

RUNNING ANALYSIS WORKSHEET

Cadence

-2

-1

Appropriate

+1

+2

Arm Swing

Initial Contact

Mid Stance

Terminal Stance

Trunk
Position

Vertical
Displacement

Maintenance of
Neutral Spine

Foot Strike
Pattern

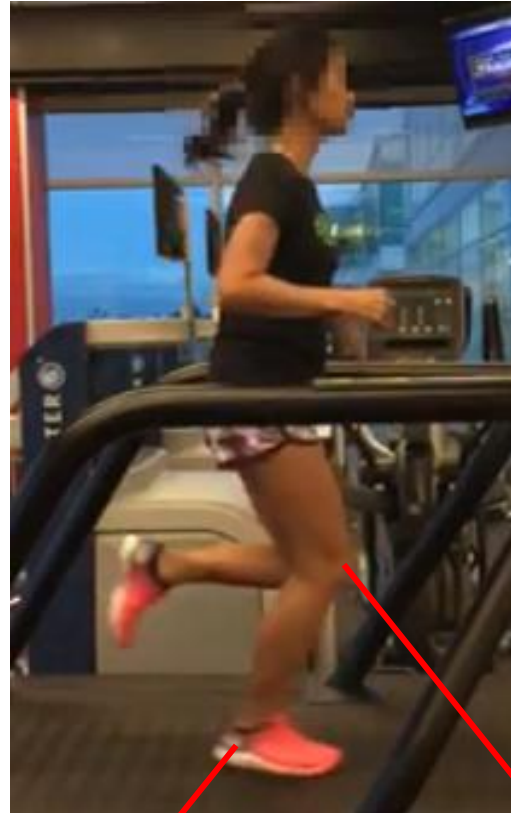
H R M F

Overstride? Y N
Foot inclination Angle:
Knee Flexion Angle:
Tibial Inclination Angle:

15° Hip
Extension

15-20°
Dorsiflexion

40-45°
Knee Flexion



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-2	-1	Appropriate	+1	+2
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Arm Swing

Control of Femoral Internal Rotation

Control of Knee Valgus (knee window)

Foot Position
5-10° ER
Normal



Minimal Trunk Rotation

Minimal Contralateral Pelvic Drop

Control of Knee Valgus (knee window)

10-15° and Control of Pronation

