

RUNNING ANALYSIS WORKSHEET

-2	-1	Appropriate	+1	+2
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Cadence

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

Minimal Trunk
Rotation

Minimal
Contralateral
Pelvic Drop

Control of Knee
Valgus
(knee window)

10-15° and
Control of
Pronation

Control of
Femoral Internal
Rotation

Control of Knee
Valgus
(knee window)

Foot Position
5-10° ER
Normal

