

## Video and pressure analysis of your walking pattern

We all have a unique walking pattern based on our structure, our muscle and joint function, the resultant change from previous operations or injuries and whether we are in pain or not. As your walking pattern is highly complex, how can we best describe its features?

For an overall picture, video gait analysis has been shown to be the best option, as we can slow movements down so they can be analysed both by eye and by the computer. Video recordings are taken from front and side views so that we can focus on particular body movements. Some centres also have a camera mounted to the ceiling to give a review of the rotation of the shoulders and hips while walking; this is planned for our centre early next year. Using reflective dots and pointing the software to these dots, the computer can analyse the range of motion of joints and the posture during various movements, indicating areas that need to be addressed.

Looking at the specifics of the foot function, recent research over the past five to eight years has gone away from relying solely on video and more and more relying on high end pressure analysis of the weight-bearing pattern as it travels through the foot as the best way of recording function. Rather than just looking at a two-dimensional picture of coloured dots to give the most basic information, specific information on weight-bearing timings and pressure amounts at specific intervals throughout your walking pattern are used to analyse function. These can be compared from treatment to treatment to see change.

Using this technology we are not only able to best understand your walking pattern, you can be assured of the best result possible.