



FITNESS INSTITUTE *of* TEXAS™

THE UNIVERSITY OF TEXAS AT AUSTIN

UTFitVO2Max_Test Ryan (born)

Analysis date 1/5/2017

UTFitVO2Max_Test Ryan

Type of analysis **FleXiRec**

Date of analysis 1/5/2017

Body length [cm]

Weight [kg]

Comment for this analysis



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Ryan UFitVO2Max_Test

Re: **UFitVO2Max_Test Ryan** - analysis date: 1/5/2017

Overall: Subject demonstrates an effective running stride. Efficient in numerous parameters as indicated in the attached report.

Recommended areas to work on:
Strengthening Core, Obliques, and Glutes.

UT FIT Institute- Stride FIT

2109 San Jacinto Blvd. Belmont Hall #996. Austin, Texas 78712



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When asked to run with "Proper Running Form" (Left image)
Subject mainly focused on his arm swing. Lowering the arms as seen on the left image.

This is a good indicator that the subject knows his arms are carried high.

Subjects overall posture is upright and acceptable for running.

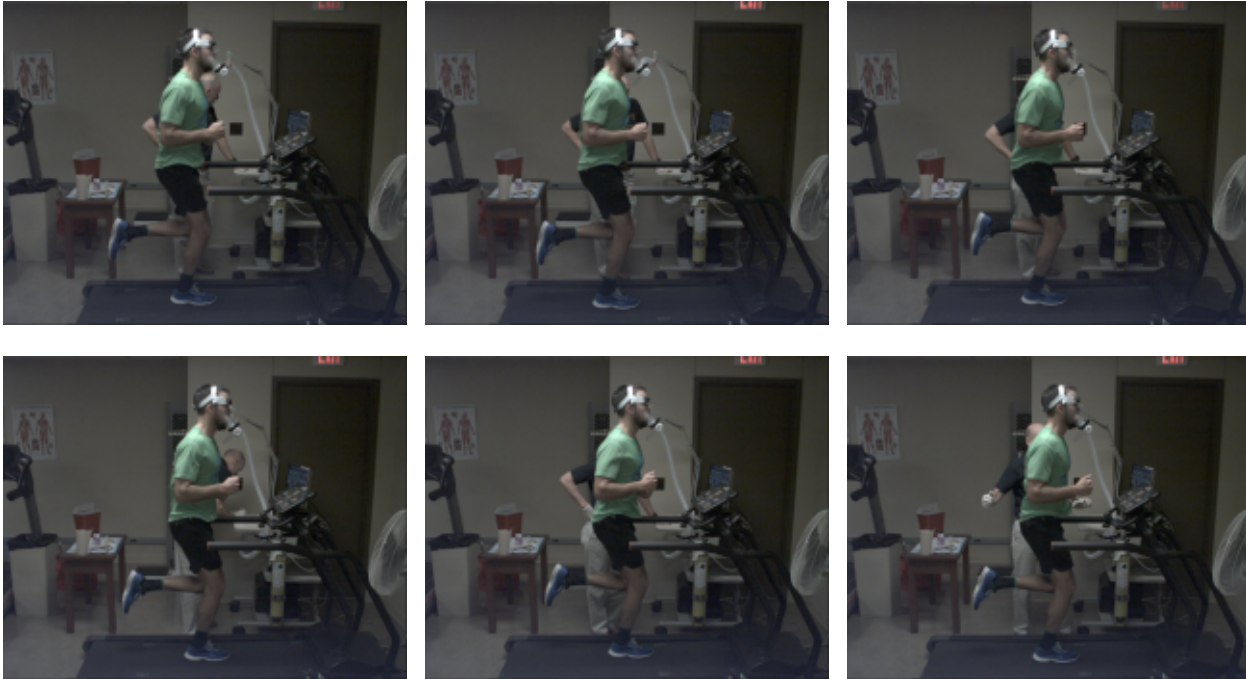


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Subjects Lateral (Right side) view with increasing speeds during midstance.
515 and 507 Pace: trunk rotation increases comparatively.
This trunk rotation is also evident during 'race pace' at 640.

Strengthen the obliques and core to reduce assymetrical trunk rotation.

Image order: 555 545 535 525 515 507 Paces

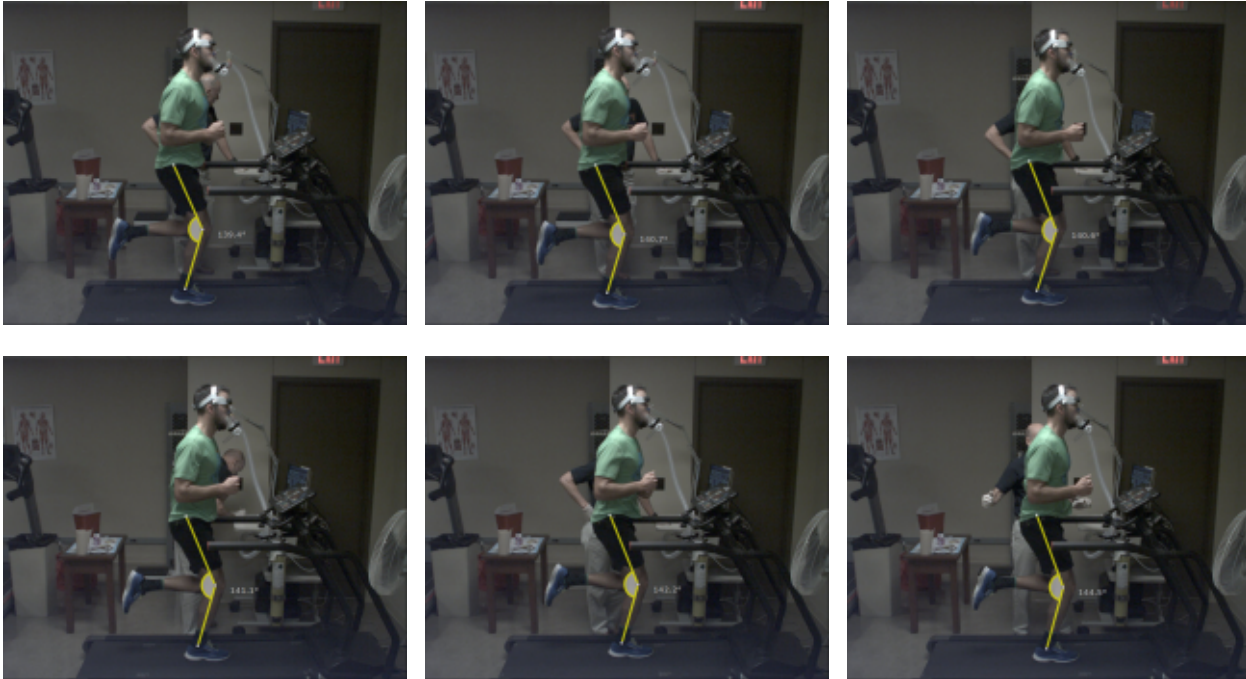


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Stance knee angle increases with speed. COM vertical excursion may also change with speed.

All variables are within normal expectations.

Gait mechanics are slightly altered with increasing speed as expected.

Image order: 555 545 535 525 515 507 Paces

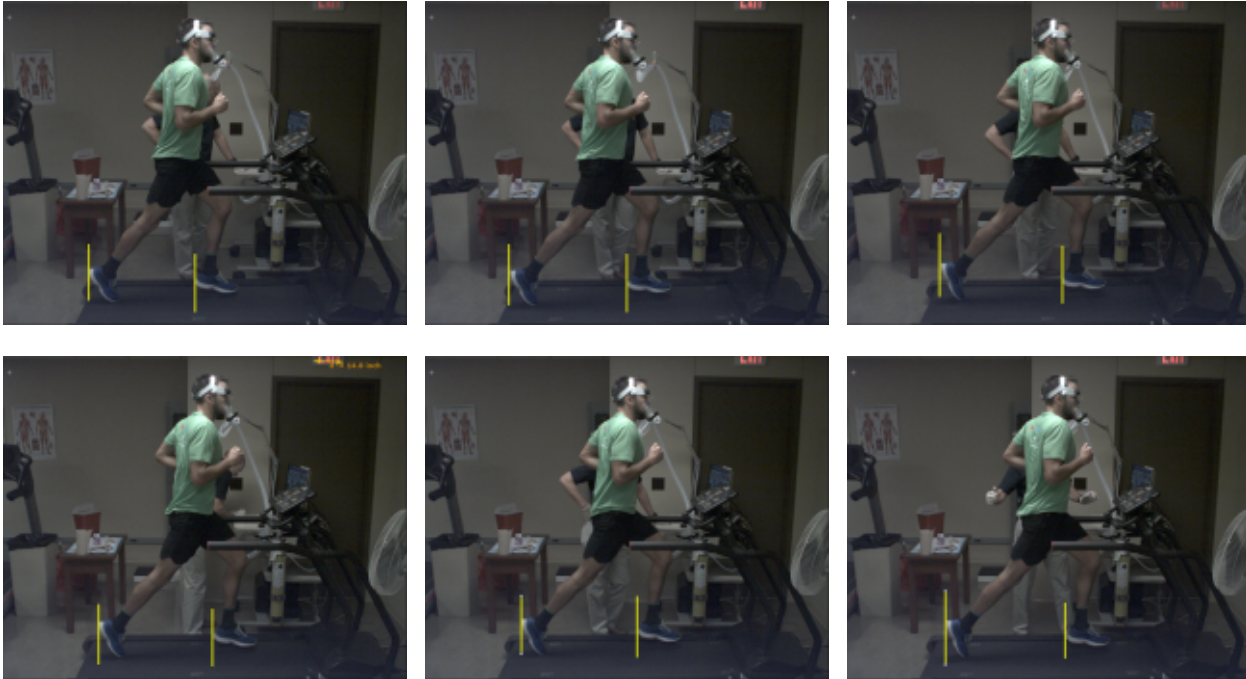


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Hip angle increases with increasing speed. Stride Length also increases.

All variables are within normal expectations.

Gait mechanics are slightly altered with increasing speed as expected.

Image order: 555 545 535 525 515 507 Paces

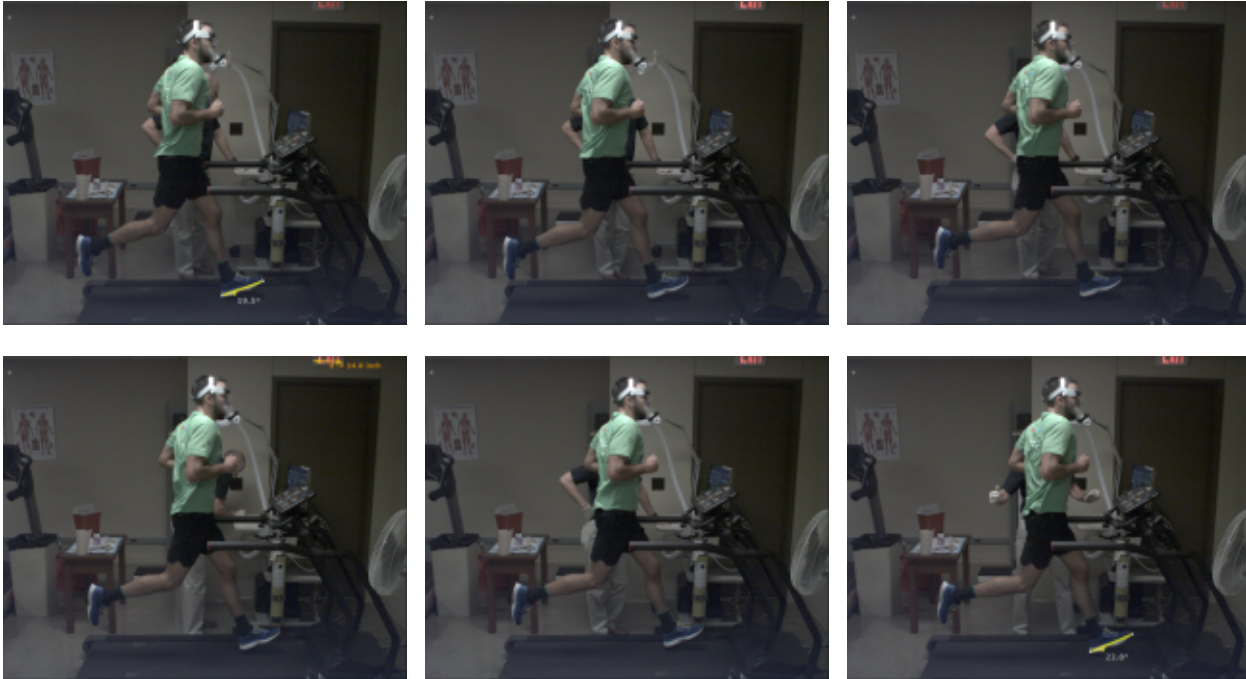


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Slight increase in foot inclination angle as speeds increase. This has the potential to increase GRF during running. However since this pace (507) is much faster than race pace, this should not be a concern at this point in time.

Heel strike during all speeds. Subject should focus on keeping the foot underneath the body, closer to the COM.

Image order: 555 545 535 525 515 507 Paces

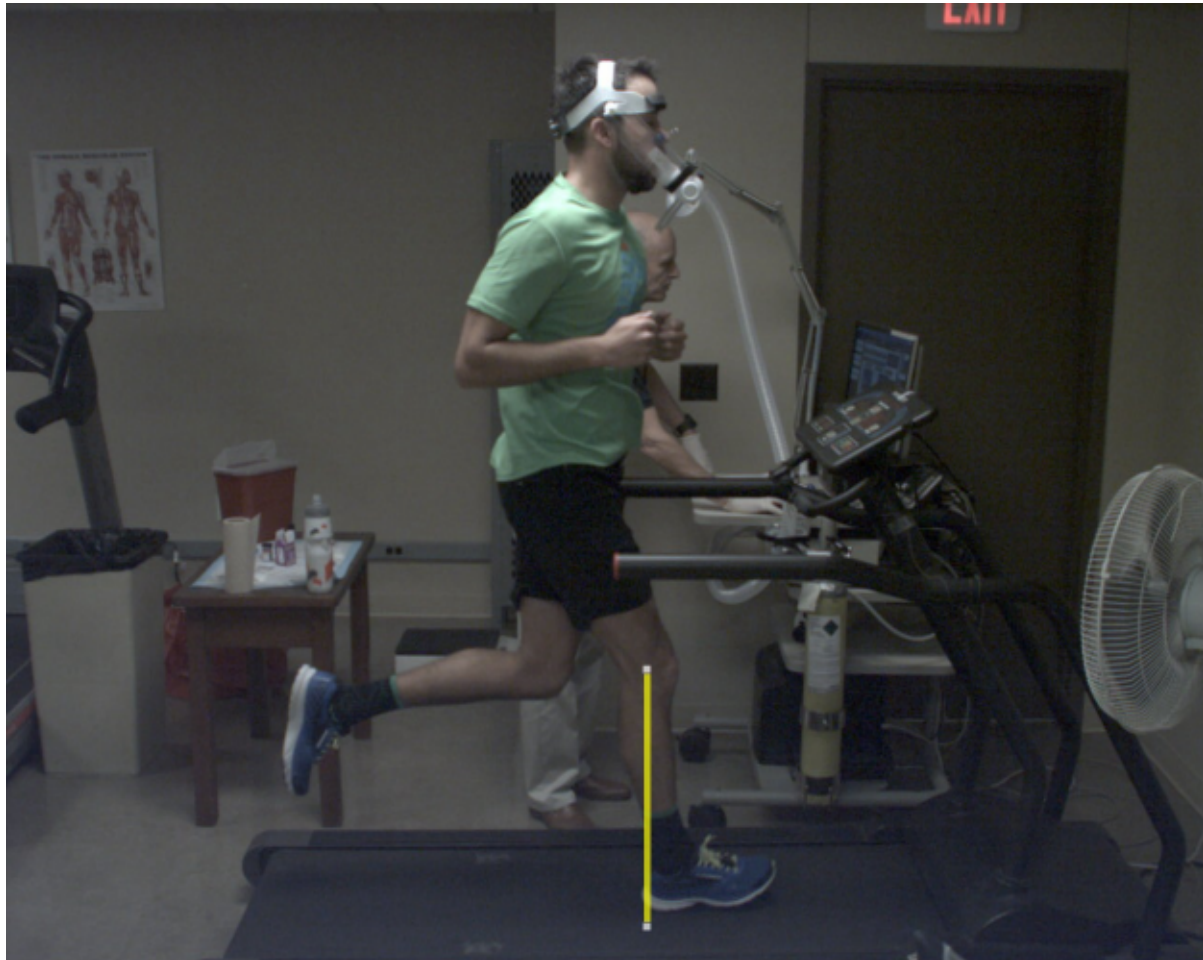


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Race Pace:
Slightly extended tibia. This may increase GRF. Modification of heel strike may also reduce this extension.



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Hip extension within normal ranges at race pace.

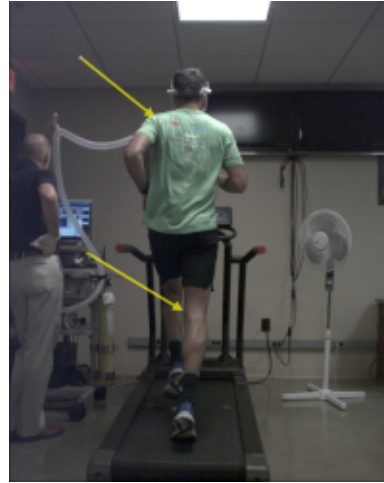
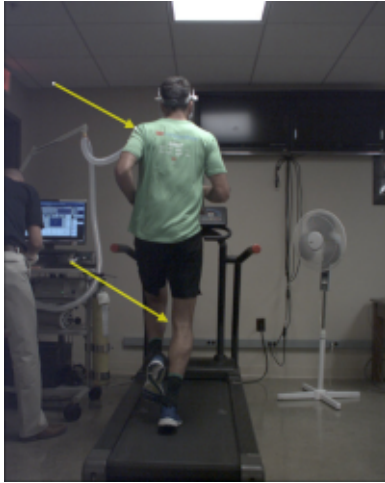


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From Left to Right: Knee window closes as speed increases. Possible excessive hip adduction, and internal rotation contributing to this closed knee window. No evidence of a closed knee window at race pace, only faster speeds.

Increased trunk rotation as evident by left shoulder movement in the faster speed. Work on oblique strength to reduce motion in the transverse plane.



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Center of Mass Excursion within normal ranges. (see image)

Foot eversion progression angle also normal. Normal amount of pronation is present during stance. Recommend strengthening feet/ankles as subject noted he often feels laxity in the ankle joint.

No evidence of medial or lateral heel whip.

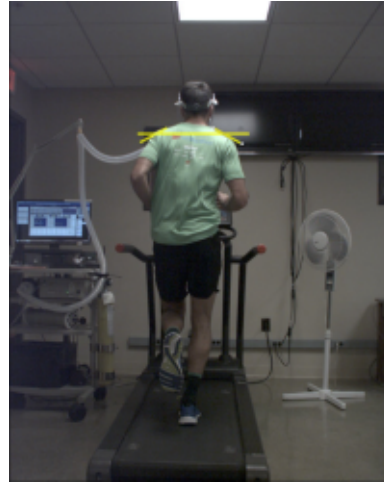


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Subject appears to have increased pelvic drop on his right side. Although this is a minor difference between the right and left side, this is an area that should be addressed as it may indicate either a timing issue within the kinematic chain or weakness in the glutes/obliques on the right side.