



Treat injuries.
Run faster.
Move better.



"Like an MRI of how you move"



RUNNING INJURY?

We can help.

With Run3D's advanced
3D gait analysis and musculoskeletal
test platform.



Treat injuries. Run faster. Move better.

Run3D gait analysis is an advanced way of measuring how you run. Developed at Oxford University, we use special cameras to establish a clear picture of how you are moving and to pinpoint any gait parameters that need attention.

How does this help?

Running injuries are complex and difficult to treat. Using Run3D's advanced analysis, we accurately measure key biomechanical factors associated with injuries and performance, and identify specific areas that need improvement in your unique case.

Using this information, we create an individualised, data-driven plan, which is the first step towards a successful recovery and better running.

Run3D is the gold standard of gait and musculoskeletal analysis, providing all the information we need to identify the root-cause of your injury and recommend data-driven advice and treatment.

Our scientific approach enables us to:

- Accurately pinpoint the root-cause of your injury, which is the first step to a successful treatment plan.
- Recommend data-driven rehabilitation plans and footwear advice on the basis of precise data.
- Prevent running injuries and improve running efficiency by identifying and addressing detrimental movement patterns.

Your journey to recovery starts with Run3D. Have confidence in our systematic, data-driven approach as we work together to treat your injury.

Who is Run3D for?

Run3D helps people with musculoskeletal pain during running and/or walking. It is suitable for individuals of all ages and abilities, and can be used for screening, injury prevention and performance.

Where is Run3D?

Run3D is available at certified clinics across the UK.
To find your nearest provider: run3d.co.uk/clinics



TESTIMONIALS

"In 30-years of coaching, I have not come across such a comprehensive and practical test." - Erik Hopman, coach at Running Excellence

"Run3D identified the root-cause of my injury. Now I'm armed with the tools to rectify it." - Jo Pavey, five-time Olympian.