



FIND OUT MORE

Run3D is available through our certified clinical partners. For details on where to find us:

run3d.co.uk

What are people saying about us?

'Run3D identified the root-cause of my injury, now I'm armed with the tools to rectify it' Jo Pavey, Team GB

'My Run3D assessment was one of the most valuable two hours of my career to date' Luke McKenzie, 6 x Ironman Champion

'The Best Gait Analysis' Runner's World Magazine

'After 30 mins, Run3D has identified the problem and told me what is causing it - that's the first step to putting it right.' Triathlon 220

'For anyone serious staying injury free and enjoying running for life, I'd highly recommend a session with Run3D.' Fiona Bugler, Journalist

ABOUT RUN3D

We are an Oxford University company, dedicated to bringing gold-standard technology and the latest advances in musculoskeletal medicine to clinicians and their patients.

Proudly associated with/featured by:



DO YOU NEED HELP FOR

Medial Tibial Stress Syndrome?

We can help! Run3D's gait and musculoskeletal assessment helps us understand the cause of your injury, which is the first step towards a successful treatment plan.

www.run3d.co.uk



HOW RUN3D CAN HELP TREAT YOUR

Medial Tibial Stress Syndrome

Medial Tibial Stress Syndrome, characterised as activity-related, diffuse pain of the tibia, frequently affects active individuals. Read on to learn how Run3D's gait and musculoskeletal analysis can effectively assist in treating this condition.

What is Run3D gait analysis?

Run3D gait analysis is an advanced way of measuring how you walk and/or run.

We use special infrared cameras to precisely measure how your pelvis, hip, knee and ankle joints are moving. An objective musculoskeletal examination helps us further understand your biomechanical profile.

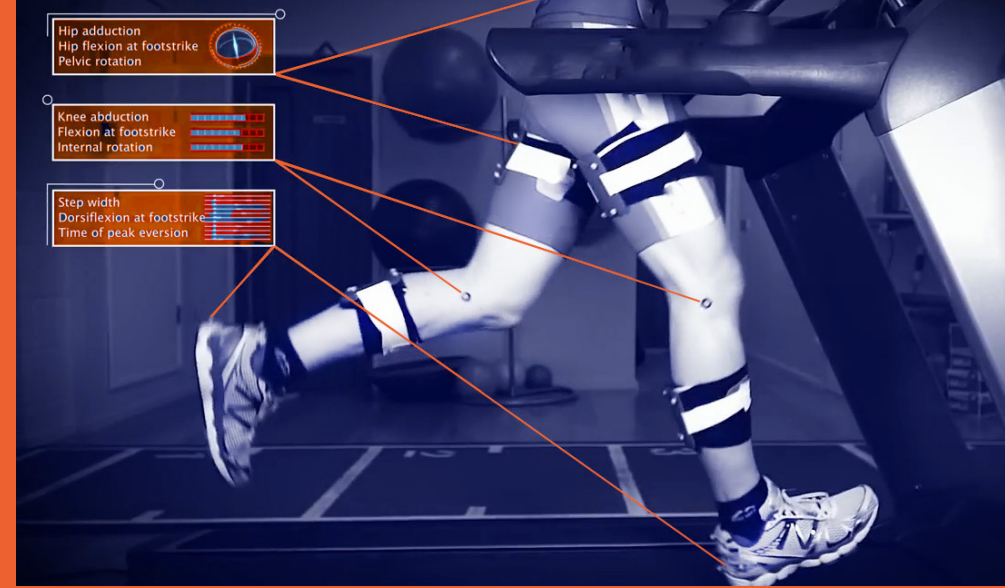
Using Run3D, we establish a clear picture of how you are moving and why you are moving in this way.

How does this help?

A range of atypical movement and loading patterns are known to contribute to the development of MTSS. The key to effectively treating the condition therefore lies in accurately identifying the specific biomechanical cause(s) in each individual case.

Run3D uses a methodical approach to quantitatively assess all the biomechanical risk-factors associated with MTSS, enabling us to accurately determine the underlying cause(s) of the injury in your unique case. Based on our findings, we can create a data-driven treatment plan, initiating your path to recovery.

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



Why Run3D for Medial Tibial Stress Syndrome?

Below are key biomechanical risk-factors associated with MTSS. At Run3D, we objectively assess these factors (and more!), to identify the issues specific to you. This allows us to develop a targeted treatment plan built on the basis of precise data.

Kinematic risk-factors

- ↑ Pelvic obliquity
- ↑ Pelvic tilt
- ↑ Hip rotation
- ↓ Knee flexion at foot-strike
- ↑ Dorsiflexion at foot-strike
- ↓ Ankle dorsiflexion (peak)
- ↑ Rear-foot eversion
- ↑ Time to peak eversion
- ↑ Over-stride
- ↑ Vertical excursion
- ↓ Cadence

Musculoskeletal risk-factors

- ↓ Hip abductor strength
- ↓ Ankle invertor strength
- ↓ Ankle evertor strength
- ↓ Calf muscle endurance
- ↓ Hip flexor range
- ↓ Gastroc/soleus range
- ↓ Hamstring range
- ↑ Tibial varus
- ↑ Navicular drop

What happens next?

After your Run3D analysis, we create an individualised treatment plan, focussing directly on the problem areas that have been identified. This might include specific exercises, physiotherapy, gait re-education, and/or footwear advice.

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