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:

UNIVERSITY OF OXFORD | Innovate UK Technology Strategy Board | VICON | BBC NEWS | The Telegraph

DO YOU NEED HELP FOR

Patellofemoral (Knee) Pain?

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

Run Faster Injury Free Run3D

HOW RUN3D CAN HELP TREAT YOUR

Patellofemoral Pain

If you're experiencing patellofemoral (front of knee) pain, it's essential to address it promptly to prevent further aggravation. Run3D's gait and musculoskeletal analysis can be a key component in your rehabilitation journey.

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?

Patellofemoral pain is caused by a combination of biomechanical factors, leading to altered load distributions and subsequent areas of increased stress at the patellofemoral joint. Developing an effective treatment plan starts with pinpointing the specific cause(s) of the injury in your unique case.

Run3D's scientific approach quantitatively measures all key biomechanical risk-factors associated with PFP, facilitating this process. The results enable us to create an individualised, data-driven treatment plan, marking the first step towards 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.
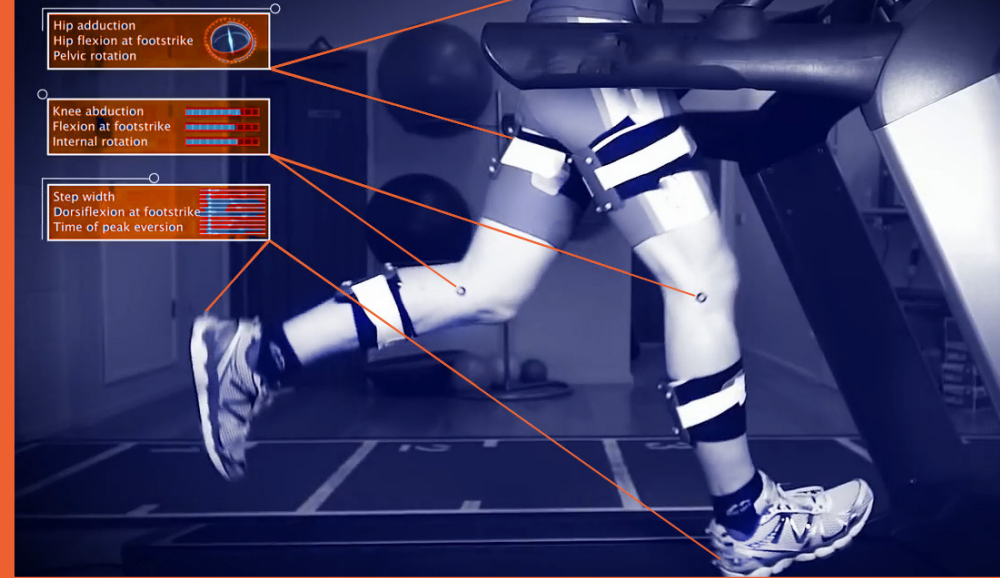
Why Run3D for Patellofemoral Pain?

Below are key biomechanical risk-factors associated with patellofemoral pain. 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
↑ Hip rotation
↑ Hip adduction
↓ Knee flexion at foot-strike
↑ Dorsiflexion at foot-strike
↓ Ankle dorsiflexion (peak)

↑ Rear-foot eversion
↑ Time to peak eversion
↑ Tibial rotation
↑ Over-stride
↑ Vertical excursion
↓ Cadence

Musculoskeletal risk-factors

↓ Hip abductor strength
↓ Hip external rotator strength
↓ Quadriceps range
↓ Hip flexor range
↓ Gastroc/soleus range
↑ Knee valgus and/or femoral anteversion
↑ Leg length discrepancy

What happens next?

After your Run3D analysis, we create an individualised treatment plan, focusing 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.