3D visualization running form assessment report

Assessment time: 2021-05-18 15:20

Duration	Distance	Calories Burned	Average Pace	Step Count	Average Stride
01:23:30	10 km	220 kcal	9'15'' km	8750 steps	110 cm

Running Form Score **90**

Based on the 3D visualization standard running form assessment in this session: Your running form does not exhibit obvious and sustained abnormal postures. The load on the hip and knee joints is within a reasonable range, the landing position and vertical amplitude are within a reasonable range, and your body's center of gravity remains centered. The angle changes in your knee joints are normal. You can appropriately increase your cadence to 170–180 steps/minute during running exercises. Please continue to maintain good running form.

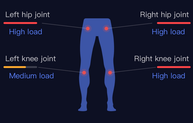
Log Out

Running form grading

Dynamic joint load evaluation	★★★★½
Landing center of gravity deviation assessment	★★☆☆☆
Center of gravity left/right tilt evaluation	★★☆☆☆
Center of gravity forward/backward tilt evaluation	★★☆☆☆
Knee joint inward/outward rotation evaluation	★★☆☆☆
Knee joint angle curve evaluation	★★☆☆☆
Vertical amplitude ratio evaluation	★★☆☆☆

Running form assessment items

Dynamic joint load



Hip joint

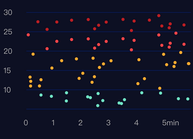
Based on the hip joint load assessment in this session: Your Hip Joints, poses a risk of sports injuries to your hip joints. We recommend being mindful of excessive twisting of the hips, strengthening the hip abductor muscles (gluteus medius) and hip extensor muscles (gluteus maximus) through regular strength training, improving core strength and stability, and being cautious about the risk of sports injuries.

Knee joint

Based on the knee joint load assessment in this session: Your Knee Joints, may cause damage to your knee joints. We suggest reducing stride length, increasing cadence (approaching or reaching 180 steps/minute), bringing the foot landing closer to the body's center of gravity, reducing ground impact force, and avoiding sports injuries.

Landing center of gravity deviation assessment

Position 10cm



Landing center of gravity deviation

According to the assessment of landing center of gravity deviation in this landing: Your landing center of gravity deviation is excessive, which will increase the risk of knee joint injury. We recommend that you reduce your stride, increase your step frequency (approaching or reaching 180 steps/minute), land your feet closer to your body's center of gravity, keep your knees moderately bent, and reduce the impact force on the knee joints.

Left–right tilt

Normal

Left–right tilt

According to the assessment of left–right tilt of center of gravity in this run: Your Significant left tilt angle of the center of gravity, may affect the stability of your center of gravity. We recommend that you stabilize your core strength and allow your arms to swing naturally front and back to maintain balance.

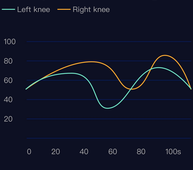
Forward–backward tilt

Normal

Forward–backward tilt

According to the assessment of forward and backward tilt of the center of gravity in this run: Your forward and backward tilt distance of the center of gravity (Back) is significant, which may affect acceleration during running. We recommend that you adjust your body to be slightly more inclined forward, which is beneficial for improving acceleration during running.

Knee joint motion angle evaluation

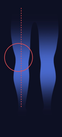


Knee joint motion angle

According to the assessment of knee joint motion angle in this evaluation: Your (Significant extension angle of right knee joint) may increase the risk of knee joint injury. We recommend that you keep your knees slightly bent to reduce the impact on your knee joint and avoid sports injuries.

Left knee valgus/varus

Normal

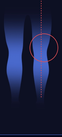


Left knee

According to the assessment of valgus and varus of the left knee in this evaluation: Your left knee shows no significant valgus or varus. Please continue to maintain good running posture.

Right knee valgus/varus

Normal

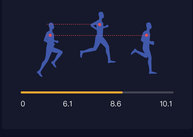


Right knee

According to the assessment of valgus and varus of the right knee in this evaluation: Your right knee shows no significant valgus or varus. Please continue to maintain good running posture.

Vertical swing amplitude vs. vertical ratio assessment

Vertical amplitude 10cm Stride length 0.6m Vertical ratio16.7%

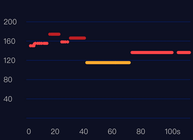


Vertical swing amplitude vs. vertical ratio

According to the assessment of vertical oscillation ratio in this evaluation: Your vertical oscillation ratio is high and can be further reduced. We recommend that you appropriately reduce your stride or increase your step frequency, reduce the vertical movement of your body's center of gravity, and make your running posture more smooth and light.

Cadence

Max 160Cadence Average 152Cadence



Cadence

According to the assessment of step frequency in this evaluation: Your step frequency is slow and may affect running efficiency. We recommend that you appropriately increase your step frequency, improve mechanical efficiency, and improve the economy and smoothness of your running movements.

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