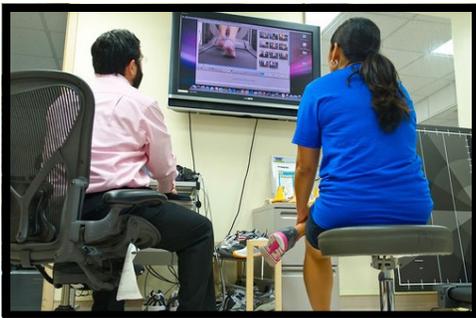


## Running Shoe Clinic



This Program helps the runner find the running shoe most suitable to his/her running gait, biomechanics, and weight. Additionally, recommendations regarding training and injury treatment are given. The program aims to help runners decrease their risk of injury. It is divided into three sections:

1. **The interview**—discussion of runner's present training program, injuries, and running shoes.
2. **Running gait analysis**— 30 seconds of video taken with and without running shoes. The video is analyzed frame by frame to examine the main features of a runner's gait.
3. **The shoe list**— the runner is given a list of running shoe options based on the information established.



## Running Gait Assessment (Runner's Program)

Biomechanics analysis is done on a pressure-mapped treadmill. Each foot strike is being recorded for stride length, cadence, and force distribution. You will be filmed from behind and from the side to analyze foot strike, arm swing, and body asymmetries. Additionally, a core stability screen will be performed and corrective exercises that are running specific will be given. This 2-hour assessment will help you move better and mitigate risk of injury.



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## Fit To Win Exercise Testing



**Pentagon Fit To Win/Wellness**  
**DiLorenzo TRICARE Health Clinic**

**703-692-8898**  
[www.dthc.capmed.mil](http://www.dthc.capmed.mil)

## Aerobic Capacity

This test measures aerobic fitness. If appropriate for your current fitness level and medical history, you can do a  $VO_2$  measured treadmill or cycle test.



The treadmill test usually lasts approximately 15-20 minutes counting a warm up and cool down. This test is conducted in 2-minute stages starting at walking speed and increasing .5 or 1 mph. During the test, a mask is worn in order to directly measure your ventilation and  $O_2$  consumption. Heart rate is also recorded during the test. This test also can be performed on the Velotron cycle ergometer.

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Wellness

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## Lactate Testing



Blood lactate testing is for individuals currently training with heart rate monitors who need to establish training heart rate zones. The test can be performed on a Velotron cycle or treadmill. The test is done in several stages with blood sampling occurring via fingerstick.

## Corrective Exercise Screen

The corrective exercise screen is a series of body movements patterns conducted by our fitness specialist. He will put you through a myriad of movements, ranging from overhead squats, in-line lunges, abdominal core tests, and dynamic flexibility assessments. From this evaluation appropriate strengthening and flexibility exercises can be recommended.



## Ultrasound Bone Density

Bone density screen involves placing the bare foot into the ultrasound machine where the heel is screened for bone density. The total test time is less than 5 minutes. A T-score and Z-score is provided. These scores compare you to normal values.



## Body Composition

Body composition is measured using the BOD POD. You will sit in a chamber which determines your body's volume. Your weight will be taken and body fat can be calculated. You will need to wear tight fitting clothes such as a one-piece bathing suit for women and spandex shorts for men.

