CMF Run Lab presents:

Research-grade 3D running gait analysis

Powered by the RunDNA Helix 3D



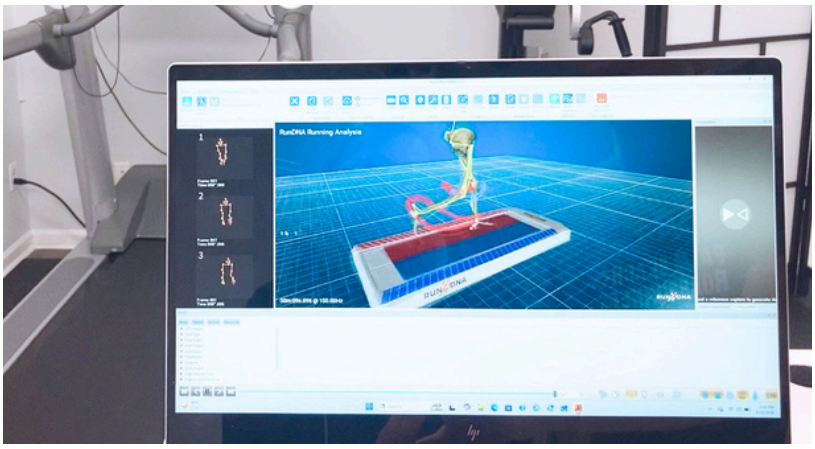
Upgrade your stride, and unlock your potential.

We take the guesswork out of your running form so you can run faster, recover quicker, and help prevent future injuries.

How is 3D gait analysis different from 2D?

While standard video only shows two dimensions, our **3D motion sensors capture 60+ joint angles and movements at over 100 frames per second.**

Your stride metrics, captured on-screen, will help us pinpoint mechanical flaws and make instant adjustments with expert coaching to lock in safer, more efficient habits immediately.



How does it work, and what will I need to do?



1. **We'll place lightweight markers on key joint points** and capture your natural running stride on the treadmill in minutes.
2. **Our system will analyze** your strike pattern, cadence, joint loads, and symmetry, giving you a clear, visual snapshot of how you move.
3. **You'll get an actionable report** paired with a gait retraining program and running cues tailored to your unique body.

Who is 3D gait analysis for and what are the benefits?



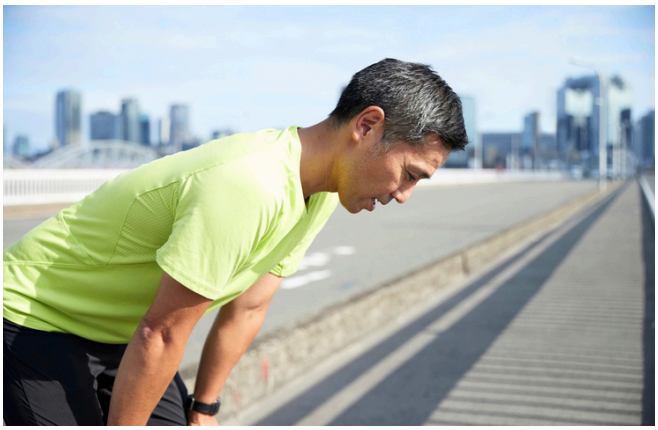
Everyday runners

Avoid common injuries and make running feel more effortless.



Competitive athletes

Shave seconds off your pace and maximize running economy.



Injured runners

Safely return to running by fixing the underlying root cause.



Walkers & fitness enthusiasts

Optimize walking mechanics for long-term joint health.

Ready to see what your stride is showing?

Learn more, and book your 3D gait analysis today:

Let's get started!

Scan the QR code:

Call or text us:
(561) 318-8070

Visit our website:
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Email us:
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Center for Musculoskeletal Function

CMF Run Lab

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