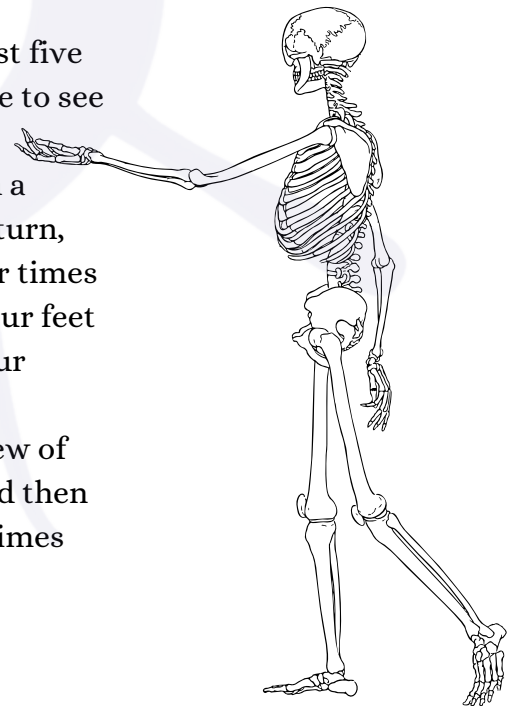
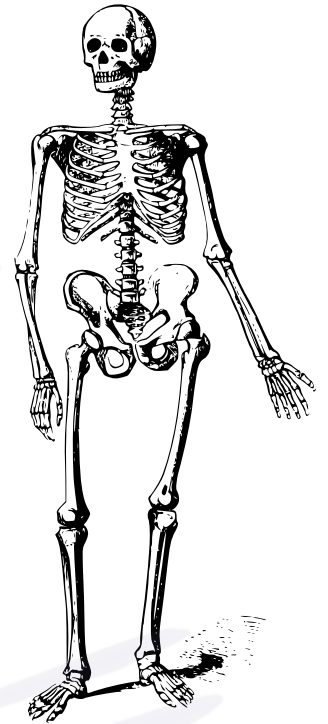


How to make your gait video.

1. Set your camera up so that we can see your full body from your feet all the way up to the top of your head.
2. Please ensure that the surface you are walking on is free of obstacles, is smooth and firm. we do not recommend filming your gait videos whilst walking on grass or sand or any other surface that is likely to move under your feet or change the way you would normally walk.
3. Please wear clothing that makes it easy to see how your body is moving. tight-fitting clothing such as exercise shorts, leggings or yoga wear is perfect. No baggy tops, loose trousers, skirts or dresses as this makes it difficult to see your upper body alignment.
4. Please have good lighting so that we can see your body movements easily. If your background is dark wear light coloured clothing and if the background is light wear dark clothing.
5. Remove shoes and socks and keep your eyes on the horizon at all times whilst doing the gait video.
6. Gait videos will need to be in slow motion if at all possible on your phone. if your phone does not have this feature there are video editing apps that you can use to slow the video down. If this is not possible please send it to us as is and we will slow it down for you.
7. We would recommend that you are able to walk for at least five paces front to back and if possible we would like to be able to see a side view as well.
8. When you are ready please walk away from the camera in a straight line for at least five steps, then you can stop and turn, and walk directly towards the camera. do this at least four times keeping your eyes on the horizon, not looking down at your feet and not trying to alter your walk at all. We need to see your natural walk in progress.
9. If you are able we would like to be able to see a side on view of your walk also. So if possible we would like a forwards and then return walk four times and then a left to right walk four times



Thank you

