



Texas Children's Hospital The Woodlands
Outpatient Building, 1st Floor
 17580 Interstate 45 South
 The Woodlands, TX 77384

Texas Children's Hospital Motion Analysis Lab

Information about your upcoming visit



The
 Woodlands

WHAT IS A MOTION ANALYSIS APPOINTMENT?

A motion analysis appointment uses special technology to provide your health care team with information about muscle activation, joint movement and force generation during walking that isn't visible to the naked eye. The health care team will use this information to gain a better understanding of how you walk so that the physician can determine the best treatment plan moving forward.

GETTING READY FOR YOUR APPOINTMENT

Appointment preparation:

- Wear loose-fitting, comfortable, athletic-type clothing for the PT evaluation.
- Bring tight-fitting clothes for the gait analysis (for example, spandex shorts for boys and swimsuit for girls).
- Bring any braces/foot orthotics.
- Bring any walking aids (such as crutches, walkers or canes).
- Wear closed-toe shoes used for walking with and without braces.
- Bring familiar items such as toys or books, if desired.
- Bring your completed copy of our Motion Analysis Lab patient questionnaire.

Appointment arrival:

- Please arrive at least 15 minutes before the appointment time. If you are late, you may be asked to reschedule the appointment.
- Check in with the front desk staff and let them know that you are here for a motion analysis assessment.

If you have any questions regarding a motion analysis assessment, please call **936-267-6686**.

WHAT TO EXPECT AT YOUR MOTION ANALYSIS VISIT

1. The physical therapist will greet you in the waiting room. Your height and weight will be measured on your way to the Motion Analysis Lab exam room.
2. The physical therapist will measure your leg strength, range of motion, alignment, tone and motor skills.
3. There is time for a short break if you need one.
4. Now you will be asked to change into your tight-fitting shorts (boys) or swimsuit (girls) for the gait analysis.
5. The physical therapist will ask you to stand on a special mat to measure the pressure under your feet. You will need to stand still for 5 seconds.
6. Next, the physical therapist will ask you to stand while the technician takes a few pictures of you.
7. Then, you will be asked to walk across the room several times while the physical therapist and technician take a video of you.
8. Back in the exam room, the physical therapist will place small reflective balls and sensors on your body with tape. The balls are what the cameras see to track your movements. The sensors record when your muscles turn on and off.
9. The physical therapist will ask you to walk back and forth across the room while the cameras record your walking information. You will need to walk about 15-20 feet several times. If you get tired, the physical therapist will give you rest breaks.
10. This will complete the gait analysis. The physical therapist will remove everything from your arms and legs, and you can change back into your regular clothes.
11. The physical therapist might ask you to go to X-ray if your doctor wants pictures of the bones in your feet or knees. The technician will walk you to the X-ray waiting room next door if this is needed.
12. Your doctor will follow up with you on your motion analysis results at your next visit.

The entire appointment process typically takes between 2-3 hours.

