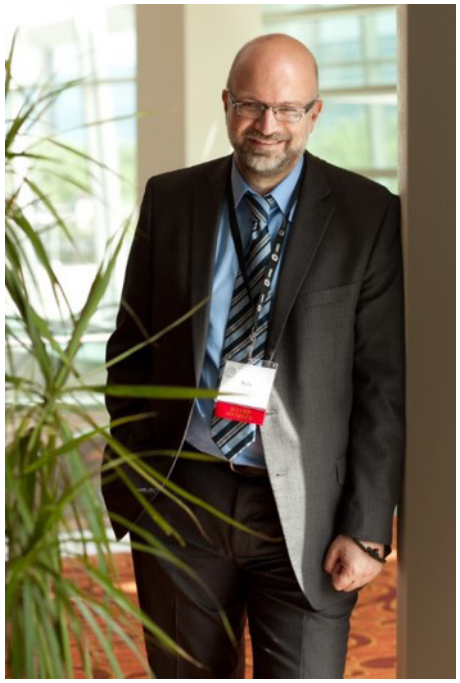
Direction



Nicholas Stergiou, Ph.D., is the director of the Biomechanics Research Building. He received his doctorate at the University of Oregon. During the early 1990's, Dr. Stergiou was involved with running studies and research in Eugene, Oregon, the "Mecca of Running." While at Oregon Dr. Stergiou conducted a number of studies on the biomechanics of running and walking, and tested hundreds of shoes for several major shoe manufacturers.

As the Director of the Biomechanics Research Building, he established the Running and Walking Shoe Recommendation Program, a community service that specializes in studying and evaluating running injuries. Throughout the years, he continues to evaluate every gait analysis done in the facility.

University of Nebraska Omaha

BIOMECHANICS RESEARCH BUILDING
6160 University Drive South
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402-554-3225
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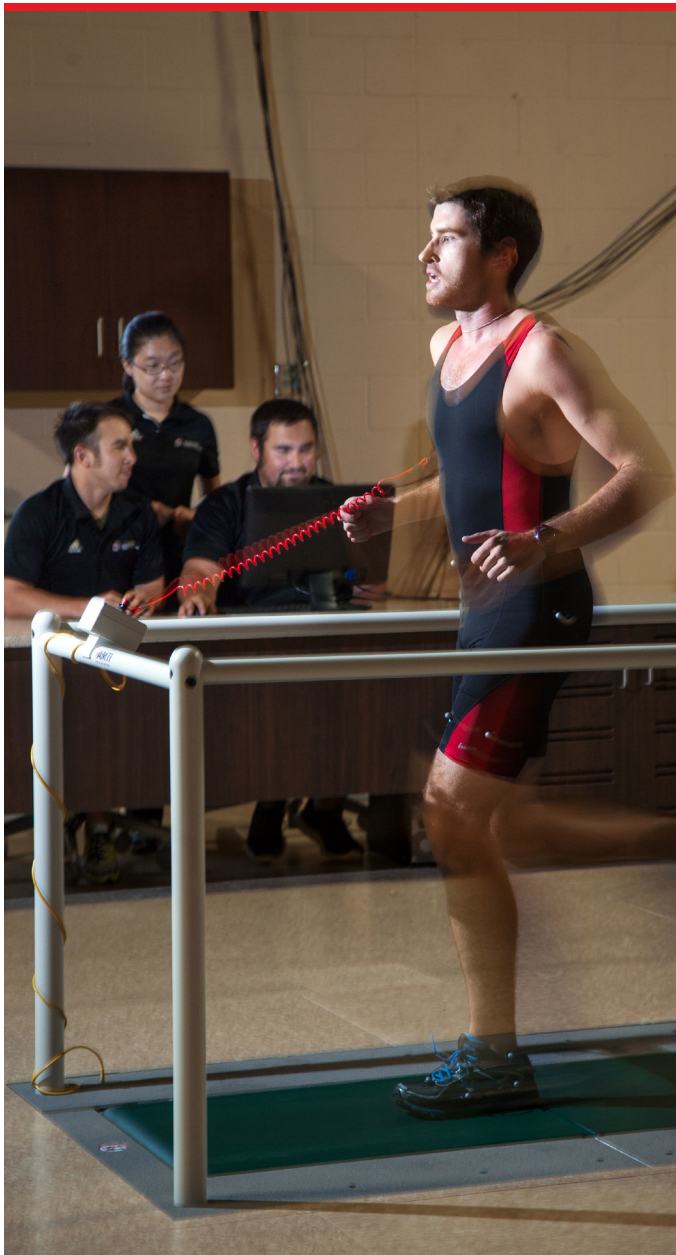
BIOMECHANICS RESEARCH BUILDING

RUNNING & WALKING SHOE RECOMMENDATION



Purpose

Most runners experience a running related injury sooner or later. Aching feet, stress fractures, shin splints, runner's knee, and iliotibial band syndrome are common injuries for runners, and improper shoe selection is an important determinant. To best perform the task of running, shoes need to match the anatomical characteristics of the foot.

The Biomechanics Research Building (BRB) offers a community service that specializes in studying and evaluating running and walking injuries. The laboratory offers an assessment that determines the best type of running or walking shoe to match the idiosyncrasies of your foot, ankle, and leg anatomy.

The goal is to keep you active by minimizing downtime due to injury. So far we had more than 500 people participate in our service!

Evaluation

During your 30 minute session, you receive a scientific evaluation in which the NBCF staff completes a training history, anatomical and kinesiological examinations, and gait analysis. The anatomical examination includes a thorough assessment of your foot type, possible leg length discrepancy, general limb alignment, and lower extremity flexibility.

In addition, the session involves an evaluation of your current and past training shoes and a video computer analysis of your walking and running mechanics. The computer analysis evaluates the mechanics of your hips, knees, ankles, and feet.

Results are summarized in a written report based on your training history, anatomical and kinesiological examinations, and running mechanics. An exercise shoe type is prescribed to fit your individual needs. If muscular deficiencies are noted in your running mechanics, injury prevention and strengthening exercises are prescribed.

Cost

The cost of an evaluation is $75 dollars. The fee includes anatomical exam, biomechanical analysis of walking and running on a treadmill, and a recommendation for running shoes that matches the anatomical and biomechanical characteristics of your feet and gait pattern. These monies are used to assist the NBCF students to participate in national meetings and present their research.

To schedule an appointment or to learn more, call:
402.554.3225

Evaluation
Cost: $75
Includes analysis and recommendation