WALKING ON A TREADMILL, STEP BY STEP

# Movetrics Gait

Four F1-3D S under the feet of a treadmill, one FDT and the Movetrics app: walking, measured step by step.




Four F1-3D S under a treadmill. Any treadmill works whose feet can stand on the plates.

## What it measures in walking

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| **Vertical force per side** | Left and right, through every step. |
| **Steps and cadence** | Counted as you walk. |
| **Step timing** | Left against right. |
| **Centre of pressure** | Its path under the walker. |

## Made for walking

Horizontal forces under a treadmill and running are not part of it. The plates sit under the treadmill's own feet, with no drilling.

## Set up in under two minutes

Zero with the belt empty, weigh, and check the corners in the app. 1,000 samples per second per plate.

## What you need

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| **Plates** | Four F1-3D S, one under each treadmill foot. |
| **Terminal** | One FDT for all four plates, on one shared clock. |
| **App** | The Movetrics app, on a phone or tablet. |

**Video.** Video is recorded only when you switch it on, and stays on the device unless you export it. Ask the walker before filming. For practitioner-led physiotherapy and rehabilitation: measure and compare loading over time.

**Intended use.** Movetrics systems measure forces and moments, calculate metrics and display them, for sport, research, education, and practitioner-led training and rehabilitation. They are not medical devices. They do not diagnose, treat, monitor or predict any disease or condition, and their results do not replace professional judgement.

Specifications may change. The current edition of this sheet is at movetrics.com/gait. Questions: +49 15678 616 529 or contact@movetrics.com.

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