Jessica Hunter - Biography

Jessica studied exercise physiology and nutrition at the University of Missouri, and completed her Master of Science in Movement Science with an emphasis in Biomechanics at Barry University. She has taught group exercise and been a personal trainer for 10 years. She also provides education for group exercise instructors through the Aerobics and Fitness Association of America, and undergraduate students at Barry as an instructor in Kinesiology.

Running Analysis

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What Is Running Analysis?
Running analysis at the Medical Wellness Center is a qualitative biomechanical analysis of running gait. Qualitative analysis is a subjective process that involves systematic analysis of the quality of movement. From this analysis, the best intervention to improve performance can be recommended.

How It’s Done
Qualitative analysis is best done by analyzing video, as is done at the Wellness Center. During a short visit, you will run on a treadmill for a short period of time while video is captured from 3 different vantage points. The video is uploaded into a special program which allows the evaluator to watch in slow motion and accurately view joint movements.

What We Look For
There are certain characteristics of running gait that are important for performance and injury prevention. Deviation from these characteristics often leads to poor performance or, even worse, injury. Depending on your needs, characteristics such as posture, pelvic stability, and knee and ankle movements may be the focus of your running analysis.

What It Can Do For You
Nothing is more frustrating than experiencing an injury that affects your exercise program. Running analysis can help identify sources of potential injury or causes of current or past injuries.

What It Includes
The running analysis consists of two appointments totaling approximately 90 minutes. During the first appointment the evaluator will review your exercise and injury history and capture video. The second appointment consists of a comprehensive review of your running gait, including a report, as well as recommendations for intervention. If exercises or stretches are recommended, a biomechanist will teach you how to perform them during this appointment.

Exercise Intervention Sessions
After your qualitative analysis is complete, it is likely that a series of exercises or stretches will be recommended for you to perform. These exercises will be determined specifically for you based on the movements of your joints and body segments. In order to assure that you are doing them properly, you may purchase a set of Exercise Intervention Sessions. During these sessions your exercises will be self-directed and monitored by a biomechanist with necessary corrections or assistance provided to you.

Follow-up Analysis
As with any type of assessment where intervention is recommended to improve performance, you have the option to return for a follow-up analysis at a reduced cost. Please allow a minimum of 4 weeks from your second appointment before scheduling the follow-up.