



The Hub Glasgow

Specialist-level MSK, podiatry and movement care.



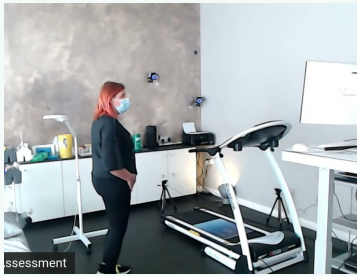
Biomechanics And Run3D Guide

What to expect from 3D gait analysis, clinical biomechanics, and the wider Hub support system.

0141 363 0306 | hello@therehabhub.co.uk | therehabhub.co.uk

West End | Kinning Park | Dennistoun

Biomechanics, Run3D And Clinical Gait Analysis



Run3D assessment environment.



Kinning Park clinic and movement space.



Pilates and strength support on site.

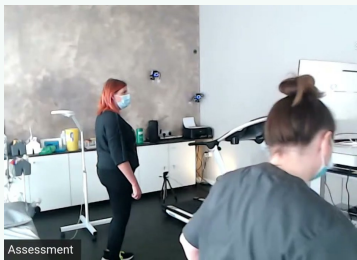
A biomechanics assessment is for people who want to understand how their body loads, moves and compensates. Run3D adds a deeper layer: 3D gait data using reflective markers and infrared camera technology, interpreted alongside a clinical assessment rather than in isolation.

Who it helps	Runners, walkers, active adults, recurring foot/ankle/knee/hip pain, return-to-sport cases, and people who have been told conflicting things about their gait.
The Hub difference	We do not just film you and hand over generic running tips. We connect the gait data to your pain, strength, footwear, training load, clinical history and goals.
Your outcome	Clearer understanding, a practical plan, and the right next step: rehab, Pilates, footwear, orthotics, load changes, onward referral or reassurance.

What Happens In A Session?

The session is calm and structured. You do not need to arrive knowing the right clinical language. You just need to bring the shoes you normally use, the problem you want solved, and a willingness to look honestly at how you move.

1. History	We ask what hurts, what you want to get back to, what has already been tried, and what patterns keep repeating.
2. Clinical exam	Foot, ankle, knee, hip and lower-body tests: range, strength, control, tissue sensitivity and loading tolerance.
3. Gait capture	Where appropriate, we use Run3D or clinical gait analysis to see movement that is hard to judge by eye.
4. Interpretation	The data is explained in plain English. We focus on what matters clinically, not every number on the screen.
5. Your plan	Rehab, footwear, orthotic advice, Pilates, return-to-running, strength work or referral depending on what we find.



Walking and running are assessed in context.



Data needs clinical explanation.



Hands-on MSK podiatry assessment.

Run3D: The Good, The Bad And The Ugly



Run3D is more than video gait analysis: the value is in 3D data plus clinical interpretati

The good	3D gait analysis can reveal joint angles, timing, asymmetry and load patterns that are difficult to see with the naked eye. It can help make rehab and return-to-run decisions more specific.
The bad	It is not magic. A scan does not replace a proper clinical assessment, and not every sore foot needs Run3D. The question is whether the data will change your plan.
The ugly	Sometimes the answer is not the shoe, the orthotic or the single 'fault'. It may be training load, strength, mobility, recovery, running habits, or several small things adding up.
Our promise	We will explain what is useful, what is noise, and what you actually need to do next.

Why The Hub Is Built For The Next Step

The value is not just finding the problem. It is having the right support around you once you know what is going on.



Group reformer and movement classes.



1:1 Pilates for specific goals.



Tower and full-method Pilates options.

Classes seven days a week	East End, West End, Kinning Park and Tower options, with group sessions, physio-led sessions and 1:1 support.
Clinical Pilates Academy	The Hub is home to the Clinical Pilates Academy, so movement teaching is part of our clinical culture, not an add-on.
Programmes	1:1 Pilates, Kickstart Pilates, group reformer, Tower, clinical rehab progressions and ongoing membership support.
First class free	New to reformer? Start here: https://reformerglasgow.co.uk/free-reformer

Is This Right For You?

Book biomechanics	If pain keeps coming back, you want answers before buying more shoes or orthotics, or you need a clearer return-to-running plan.
Ask about Run3D	If standard gait advice has not been enough, your case is complex, or objective 3D movement data would genuinely help decision-making.
Start with Pilates	If you know you need strength, control and confidence but are not ready for a full clinical assessment.
Bring with you	Running shoes, everyday shoes, shorts/leggings, any reports or scans, and a clear idea of what you want back in your life.



The Hub Glasgow: clinical care, diagnostics and movement support under one roof.

Book: hubglasgow.co.uk/book_clinic

Free first class: <https://reformerglasgow.co.uk/free-reformer>

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