



PRESS RELEASE | June 2018

GAIT ANALYSIS AT PARK IGLS MAYR CLINIC **Gait analysis for prevention and rehabilitation**

After mastering our earliest steps in infancy, it takes very little time for walking upright to become automatic. However, 'automatic' does not mean 'correct'. A 'wrong' gait can cause headaches as well as back and joint problems. Walking is a complex interplay of movements that can be upset by the smallest deviation. In our everyday lives we only use two-thirds of our motor skills, which is the main reason for 'evasive movements' creeping in and leading to long-term pain. So in order to get to the bottom of many complaints it is essential to examine the way we walk.

Through Park Igls Mayr clinic's innovative OptoGait diagnostic procedure problems with movement can be identified and treated. OptoGait is the first portable analysis laboratory for dynamic gait or run analysis. It is an optical measuring system consisting of a transmitting and a receiving bar, each fitted with 96 LEDs that continually communicate with each other and supply the key data used to produce a recovery plan. OptoGait provides gait analysis data in real time, including stance phase, swing phase, stride length and contact phase. The measured data obtained from the gait analysis allows the experts at the Mayr clinic to obtain a precise diagnosis and thus prescribe effective preventive or rehabilitation measures. The use of a video camera to record gait behaviour from various perspectives provide patients with important feedback as they watch themselves walk.

Why OptoGait is used at Park Igls

- To recognise muscular weakness and measure resilience using various exercises
- For drawing up a personalised rehab and exercise programme based on test results
- For regularly reviewing results and the effectiveness of each guest's therapy
- To achieve demonstrably positive therapy outcomes

Gait analysis is particularly recommended by the Park Igls Mayr clinic before and after surgery to the locomotive apparatus or back, for pain when walking, injuries to the legs, back or spine, and after operations to replace the hip, knee or ankle with an artificial joint. However, gait analysis is also extremely useful for prevention. By age 70, 80% of us still walk normally but this reduces to 20% by the time we're 80. Decreasing muscle mass and an impaired sense of balance affect our safety when we walk. Gait becomes less stable, more wide-legged and 'tottering'. In this respect, gait analysis offers a preventive measure to raise our awareness and spur us on to start exercising early and improve both gait and balance.

Park Igls

Park Igls is one of the leading health retreats in Europe. The 'house in the park' offers personalised exercise, nutrition and regeneration concepts and state-of-the-art diagnostics based on Modern Mayr Medicine. Guests can choose between different therapeutic modules, ranging from Mayr Classic, Mayr Intensive and Mayr De-Stress to Musculoskeletal System, Metabolism & Detox and Heart & Circulation. The range of matchless diagnostic modules includes the Super Medical Check, Men's Medical Check and the Ultrasound Screening Package. Innovative forms of exercise including kybun® and TheMedGolf® are exclusive to Park Igls. Facilities include a high-tech medical department and modern destination spa, spacious relaxation rooms, fitness studios and a well-equipped gym. Modern Mayr cuisine is an integral component of the innovative services on offer. Park Igls is a recipient of the prestigious Condé Nast Traveller 'Most Effective Medi-Spa' Spa Award and regularly features in influential spa guides.

niche

Advance reservation is essential. Standard single rooms from €1,071 per week.

Reservations: www.park-igls.com | +43 512 377 305

Park Igls Mayr Clinic is included in Niche Destinations' distinctive portfolio:

www.niche-destinations.com

- **niche destinations** is a travellers' kaleidoscope for distinctive places with attitude, owned and managed by like-minded independent individuals, proud of their heritage and assertive about their future.
- **niche destinations** promotes pioneering health retreats, must-go gourmet restaurants, quirky Alpine lodges & hideaways, ski nirvana, mountain Spa paradise, a mysterious encounter with Atlantic Morocco, hidden gems of local art & culture and the glorious beauty of nature.
- **niche destinations** is a discovery of the unexpected, a sense of place, responsible & sustainable tourism, relaxed surroundings, understated elegance and generosity as a mindset.

PRESS CONTACT niche destinations | marketing deluxe

Claudia Reichenberger | Managing Director | claudia.reichenberger@marketing-deluxe.at

Marlene Fuchs | Senior PR Consultant | marlene.fuchs@marketing-deluxe.at

Wopfnerstrasse 9, 6130 Schwaz/Tyrol, Austria

T + 43 5242 61115

press@marketing-deluxe.at