Thank you for agreeing to participate in our gait studies. This list was created to help your test day run smoothly. Please review and call the laboratory at 650-723-5793 if you have any questions.

Gait Test Details:
- You may eat breakfast before you come in.
- Please refrain from exercising the day of your exam.
- Please refrain from applying lotion the day of your exam
  - We will apply double sided tape to your legs.
- Please bring your low-top walking shoes/sneakers and low-cut socks
  - We need to see your ankle bones.
  - We will provide ankle socks if necessary.
- Please do not bring “rocker” or “shape-up” shoes to your test.
- Please bring a comfortable short sleeve t-shirt.
  - We will roll this up, so please bring a shirt you don’t mind having taped up.
- We will provide short running shorts and make them shorter.
- We will ask you to stand while we attach small reflective balls to the skin of your legs, pelvis, shoulders, elbows, and wrists with double sided tape.
  - Please inform your study personnel if you need a break.
- You will be walking at three different speeds: normal, slow, and fast.
- Some gait test protocols involve stair climbing, descending stairs, and jogging.
  - Please inform your study personnel if you are uncomfortable performing any of these activities.

EMG Test Details (if applicable):
- We will need to shave a portion of your leg.
  - This allows for a better connection between your leg and the electrode measuring your muscle activity.

MRI Test Details (if applicable):
- You will be lying on your back and holding still for about an hour.
- You are required to wear hearing protection which we will provide.
- You must change into scrubs and empty your pockets before the test begins.
- Please leave valuable jewelry at home. We don’t want you to lose it.

Blood Draw Details (if applicable):
- Please refrain from exercising the morning of your exam.
- You may eat breakfast before you come in.
- Clinical nurses will collect 1-2 vials of blood directly before and directly after a 30-minute walk on a treadmill and at scheduled timed intervals of resting after walking on the treadmill (up to 6 blood draws and 6 hours).
- You will be asked to limit movement for up to 6 hours following the treadmill walk.
- Bring reading/entertainment for the resting time.
- Bring a packed lunch to eat while you rest.