



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 can eat breakfast before you come in.
- Please refrain from exercising the morning 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 colored (non-black) 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.

#### MRI Test Details (if applicable):

- Please refrain from wearing cargo shorts due to interference with the MRI.
- 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 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):

- You will be transported to the Palo Alto VA Hospital via taxi cab for the blood draw.
  - Study personnel will accompany you.
  - There is no cost to you for the taxi.
- 2-3 vials of blood will be drawn by our clinical nurses.

#### Laser Scan Details (if applicable):

- The device uses 4 lasers to capture a 3-dimensional image of you.
- You will be positioned in the laser scanner by study personnel.
- The lasers used are Class 1.
- Your eyes can be opened or closed.