



VA Palo Alto

Stanford University



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.