

Gait Assessment Form

Name:	DOB:	Clinician	Date:
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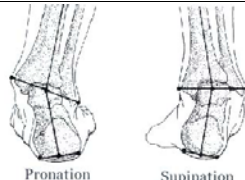
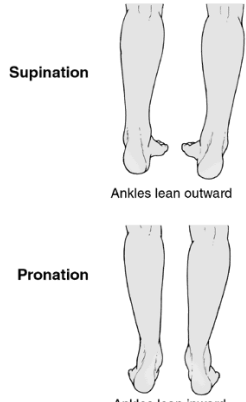
SWING PHASE OBSERVATIONS

Observations	Functional Compensations	Neuro / Skeletal Factors
<u>Swing Phase: Pelvis & Trunk</u>		
<input type="checkbox"/> Posterior Pelvic Tilt		Extensor synergy
<input type="checkbox"/> Anterior Pelvic Tilt		Flexor synergy
<input type="checkbox"/> Pelvic Drop L/R		Weak contralateral hip abductors
<input type="checkbox"/> Pelvic Elevation L/R	Ground clearance	
<input type="checkbox"/> Anterior Trunk Lean	General flexed limb attitude	
<input type="checkbox"/> Posterior Trunk Lean	General extended limb attitude Limb advancement	
<input type="checkbox"/> Lateral Trunk Lean L/R	Ground clearance	
<u>Swing Phase: Hip</u>		
<input type="checkbox"/> Excessive Flexion L/R	Posturing for weak dorsiflexors	Flexor synergy Flexion contracture Spasticity
<input type="checkbox"/> Excessive Extension L/R	Painful joints	Extensor synergy Extensor spasticity
<input type="checkbox"/> Excessive Abduction L/R	Painful knee joint, limited flexion	Weak collateral abductors
<input type="checkbox"/> Excessive Adduction L/R		Spasticity Weak ipsilateral hip abductors
<input type="checkbox"/> Excessive Internal Rotation L/R		
<input type="checkbox"/> Excessive External Rotation L/R	Posturing for weak hip flexors	
<u>Swing Phase: Knee</u>		
<input type="checkbox"/> Excessive Flexion L/R	Weak dorsiflexors Plantarflexion contracture Leg length discrepancy	Knee flexion contracture Flexor synergy Weak quadriceps
<input type="checkbox"/> Excessive Extension L/R	Knee pain Leg length discrepancy	Extensor synergy Quadriceps spasticity Impaired proprioception
<u>Swing Phase: Ankle</u>		
<input type="checkbox"/> Excessive Plantarflexion L/R		Impaired proprioception Weak dorsiflexors Plantarflexion contracture Extensor synergy
<input type="checkbox"/> Excessive Dorsiflexion L/R	Posturing for decreased knee flexion	Flexor synergy Muscle imbalance
<input type="checkbox"/> Excessive Inversion L/R		Muscle imbalance Varus contracture Extensor synergy
<input type="checkbox"/> Excessive Eversion L/R		Muscle imbalance Valgus contracture Flexor synergy Peroneal spastic flat foot

Gait Assessment Form

<i>STANCE PHASE OBSERVATIONS</i>		
Observations	Functional Compensations	Neuro / Skeletal Factors
<u>Stance Phase: Pelvis & Trunk</u>		
<input type="checkbox"/> Posterior Pelvic Tilt	Limb advancement Low back pain	Ham string tightness Weak hip extensors Extensor synergy
<input type="checkbox"/> Anterior Pelvic Tilt	Hip flexion contracture	Weak abdominals Weak hip extensors
<input type="checkbox"/> Forward Pelvic Rotation L/R	Decreases demand to hip extensors and quadriceps	Weak trunk and pelvis musculature
<input type="checkbox"/> Backward Pelvic Rotation L/R	Decreases demand to hip extensors and quadriceps	Weak trunk and pelvis musculature
<input type="checkbox"/> Anterior Trunk Lean	Stabilizes knee and ankle in extension	Hip flexion contracture Weak hip and trunk extensors Impaired proprioception
<input type="checkbox"/> Posterior Trunk Lean		Weak hip extensors
<input type="checkbox"/> Lateral Trunk Lean L/R	Painful joints Shortened extremities	Weak hip abductors Leg length discrepancy
<u>Stance Phase: Hip</u>		
<input type="checkbox"/> Excessive Flexion L/R	Painful joints Forward trunk lean Increased lordosis Compensation for ankle and/or knee flexion	Weak hip extensors Hip flexion contracture Flexor synergy
<input type="checkbox"/> Excessive Extension L/R	Painful joints	Weak hip flexors Impaired proprioception
<input type="checkbox"/> Excessive Abduction L/R	Painful joints Leg length discrepancy	Adductor spasticity Hip contracture
<input type="checkbox"/> Excessive Adduction L/R	Painful joints Leg length discrepancy Ipsilateral trunk lean	Weak hip abductors Spasticity Contracture
<input type="checkbox"/> Excessive Internal Rotation L/R		Extensor synergy Contracture
<input type="checkbox"/> Excessive External Rotation L/R	Posturing for weak quadriceps	
<u>Stance Phase: Knee</u>		
<input type="checkbox"/> Excessive Flexion L/R	Knee pain Excessive hip flexion or dorsiflexion Leg length discrepancy	Impaired proprioception Knee flexion contracture Ham string spasticity Weak quadriceps Weak plantarflexors
<input type="checkbox"/> Excessive Extension L/R	Posturing for weak quadriceps Posturing for weak plantarflexors Knee pain Plantarflexion contracture	Quadriceps spasticity Impaired proprioception Plantarflexion contracture Ligamentous laxity Foot/ankle fusion

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<i>STANCE PHASE OBSERVATIONS</i>		
Observations	Functional Compensations	Neuro / Skeletal Factors
<u>Stance Phase: Knee (Cont'd)</u>		
<input type="checkbox"/> Excessive Valgus L/R		Joint and/or ligamentous instability Resultant deformity from abnormal forces transferred proximally Primary deformity (osteoarthritis, etc.)
<input type="checkbox"/> Excessive Varus L/R		Joint and/or ligamentous instability Resultant deformity from abnormal forces transferred proximally Primary deformity (osteoarthritis, etc.)
<u>Stance Phase: Ankle</u>		
<input type="checkbox"/> Excessive Plantarflexion L/R	Posturing for substantial limb length discrepancy Protection for weak quadriceps Painful joints Vaulting for contralateral swing clearance	Plantarflexion contracture Weak dorsiflexors Knee or hip flexion contracture Premature or prolonged plantarflexion activity Extensor synergy Impaired proprioception
<input type="checkbox"/> Excessive Dorsiflexion L/R	Accompanies excessive knee and hip flexion Leg length discrepancy Metatarsal head pain	Weak plantarflexors Flexor synergy Excessive hip and knee flexion activity Hip and/or knee flexion contracture
<input type="checkbox"/> Excessive Inversion L/R	Painful foot	Posterior or anterior tibialis overactivity Weak toe extensors Varus contracture Decreased proprioception
<input type="checkbox"/> Excessive Eversion L/R	Painful foot	Valgus contracture Spasticity "peroneal spastic flat foot" Secondary to plantarflexion contracture Weak inverters Impaired proprioception Hypermobile foot
<u>Stance Phase: Calcaneal Bisection</u>		Both Are Right Foot 
<input type="checkbox"/> Less than 4° L/R	<i>Likely condition:</i> Supination	
<input type="checkbox"/> 4° to 6° L/R	Normal	
<input type="checkbox"/> More than 6° L/R	Overpronation	
<u>Stance Phase: General</u>		
<input type="checkbox"/> Inward rotation at the ankle L/R	<i>Likely condition:</i> Supination	
<input type="checkbox"/> Outward rotation at the ankle L/R	Overpronation	
<input type="checkbox"/> Adduction of the forefoot L/R	Supination	
<input type="checkbox"/> Abduction of the forefoot L/R	Overpronation	
<input type="checkbox"/> Inversion of the forefoot L/R	Supination	
<input type="checkbox"/> Eversion of the forefoot L/R	Overpronation	
<input type="checkbox"/> Medial arch elevation L/R	Supination	
<input type="checkbox"/> Medial arch depression L/R	Overpronation	