

Name: _____

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Basic Observational Gait Analysis Assessment

- 1) The measurement of the movement of the body in space is known as:
 - a. Proprioception
 - b. Kinematics
 - c. Range of motion
 - d. Kinetics

- 2) The forces involved in producing the movements of the body in space is known as:
 - a. Proprioception
 - b. Kinematics
 - c. Range of motion
 - d. Kinetics

- 3) The two major abilities essential to walking are equilibrium and locomotion.
 - a. True
 - b. False

- 4) All of these are normal changes of gait that may occur in the elderly except:
 - a. Reduction in the overall velocity
 - b. Reduction in the step/stride length
 - c. Decreased arm swing
 - d. Increased rotation of the pelvis

- 5) The gait cycle is a time interval or sequence of motion occurring from:
 - a. Heelstrike of one foot to heelstrike of the opposite foot
 - b. Toe-off of one foot to heelstrike of the opposite foot
 - c. Heelstrike to heelstrike of the same foot
 - d. Heelstrike to toe-off of the same foot

- 6) Stance phase consists of _____ percent of the gait cycle.
 - a. 25
 - b. 38
 - c. 50
 - d. 62

- 7) There are _____ periods of single limb support and _____ periods of double limb support during each gait cycle.
 - a. 0, 1
 - b. 1, 1

- c. 1, 2
 - d. 2, 2
- 8) All of these are components of stance phase except:
- a. Heel strike
 - b. Foot flat
 - c. Acceleration
 - d. Toe off
- 9) All of these are components of swing phase except:
- a. Acceleration
 - b. Heel strike
 - c. Mid swing
 - d. Deceleration
- 10) Another name for Terminal Stance is:
- a. Heel strike
 - b. Foot flat
 - c. Heel off
 - d. Toe off
- 11) In this part of the gait cycle, the tibia is moving over talus:
- a. Heel Strike to Foot Flat
 - b. Foot Flat to Heel Off
 - c. Heel Off to Toe Off
 - d. Toe Off
- 12) The Distance walked in a certain amount of time is known as:
- a. Velocity
 - b. Cadence
 - c. Stride length
 - d. Step length
- 13) The number of steps, left and right, taken per minute is known as:
- a. Velocity
 - b. Cadence
 - c. Stride length
 - d. Step length
- 14) The average center of gravity for a human adult is:
- a. 5 cm anterior to the twelfth thoracic vertebra
 - b. 5 cm anterior to the first lumbar vertebra
 - c. 5 cm anterior to the third lumbar vertebra

- d. 5 cm anterior to second sacral vertebra
- 15) An unsteady, uncoordinated walk with a wide base of support and the feet thrown outward would describe:
- a. An antalgic gait
 - b. An ataxic gait
 - c. An apraxic gait
 - d. A Trendelenburg gait
- 16) This gait consists of a limp adopted so as to avoid pain on weight-bearing structures (as in hip, knee, or ankle injuries), characterized by a very short stance phase on the injured side:
- a. An antalgic gait
 - b. An ataxic gait
 - c. An apraxic gait
 - d. A Trendelenburg gait
- 17) This gait presents as the loss of the ability to carry out familiar, purposeful movements in the absence of paralysis or other motor or sensory impairment:
- a. An antalgic gait
 - b. An ataxic gait
 - c. An apraxic gait
 - d. A Trendelenburg gait
- 18) In this gait pattern, the individual walks with short, accelerating steps. This type of gait is seen with rigidity and hypokinesia from basal ganglia disease. The patient's posture is stooped forward. Gait initiation is slow and steps are small and shuffling; turning is en bloc like a statue:
- a. A Trendelenburg gait
 - b. A Myopathic Gait
 - c. A Neuropathic Gait
 - d. A Festinating Gait
- 19) This gait pattern is seen with muscular diseases. With this gait pattern, the proximal pelvic girdle muscles are usually weak. Because of this the patient will not be able to stabilize the pelvis as they lift their leg to step forward, so the pelvis will tilt toward the non-weight bearing leg which results in a waddle type of gait:
- a. A Trendelenburg gait
 - b. A Myopathic Gait
 - c. A Neuropathic Gait
 - d. A Festinating Gait

20) This gait pattern is most often seen in peripheral nerve disease where the distal lower extremity is most affected. Because the foot dorsiflexors are weak, the patient has a high stepping gait in an attempt to avoid dragging the toe on the ground:

- a. A Trendelenburg gait
- b. A Myopathic Gait
- c. A Neuropathic Gait
- d. A Festinating Gait