GAIT PROTOCOL CHECKLIST

Name: _____ Date: _____

Gender: _____ Age: _____ Height: _____ Weight: _____

Training / Activity Level: _____

Previous injuries or surgeries: _____

Footwear

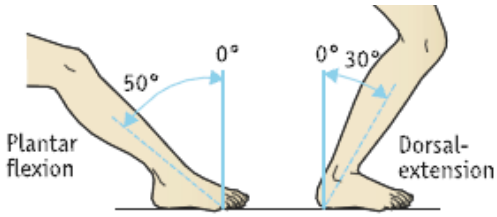
Athletic shoe type/classification: _____

Insole _____ Custom Orthotic _____

Bracing *(knee, ankle or other)* _____

STATIC ASSESSMENTS

ANKLE RANGE OF MOTION

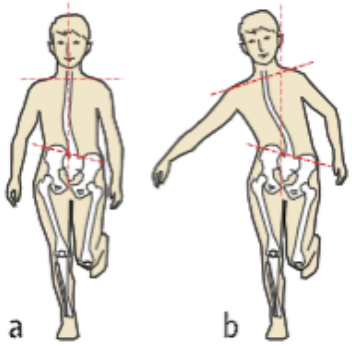


	Within Normal Limits	Restricted
Left	☐	☐
Right	☐	☐

KNEE ALIGNMENT – *Standing*

Normal	Valgus *(Knock Kneed)*	Varus *(Box Legged)*
		
	L Angle _____	L Angle _____
	R Angle _____	R Angle _____

SINGLE LEG STANCE TEST



☐ **Stable**

☐ **Unstable**

L _____ seconds

R _____ seconds

A quick test to assess proprioception and muscle balance or each limb. If it is difficult for subject to maintain stable stance for 5-10 seconds they would be considered unstable.

DYNAMIC - FRONT VIEW

KNEE ALIGNMENT – *Dynamic (Walking / Running)*



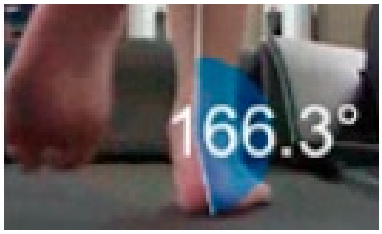
☐ ☐ ☐

DYNAMIC - BACK VIEW

REAR FOOT ALIGNMENT AT CONTACT – *It is normal to contact slightly lateral*

	Lateral	Midline (centered)	Medial
Left	☐	☐	☐
Right	☐	☐	☐

MAXIMUM REAR FOOT PRONATION – *Mid-stance angle*



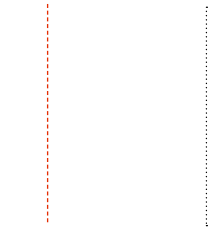
Normal 85-90	Overpronation <85	Supination >90
☐	☐	☐

L Angle _____

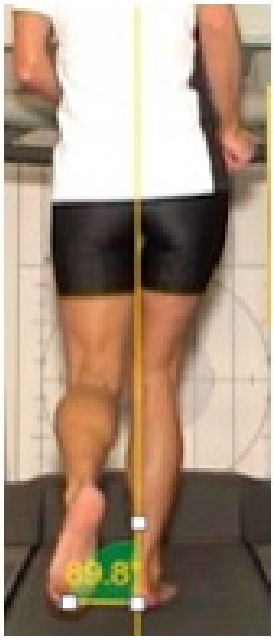
R Angle _____

Normal ranges are variable. Pronating too long may be more problematic than degrees of pronation. Eg. If pronation persists during heel lift this may increase stress on joints and soft tissue. Conversely, decreased pronation may limit ability to absorb the impact of foot strike.

ANGLE OF FOOT STRIKE

Normal	"Out-Toed"	"In-Toed"	"Asymmetrical"
			
☐	☐	☐	☐

SYMMETRY IN MOTION



Head Movement

☐ Focused

☐ Bobbing **L** | **R**

Scapular Movement

☐ Balanced Equally

☐ Scapular Asymmetry **L** | **R**

Hip Shift

Balanced Equally

Lateral Shift **L** | **R**

Hip Drop

L height _____

R height _____

Recovery leg swing-height _____

no dragging in swing phase

Sources:

Handels Agenture Michael Nater

KRAM Components Defined by Todd Nunan

www.nwglory.com

DYNAMIC - SIDE VIEW

ALIGNMENT OF POSTURE

- ☐ Straight
- ☐ Slouched
- ☐ Sway Back
- ☐ Flat Back

ARM SWING

- ☐ Normal
- ☐ Arms crossing body
- ☐ Asymmetric arm swing

L _____

R _____ *Elbows back from midline or hand height*

HIP ANGLE

L Max hip flexion _____ angle

L Max hip extension _____ angle

R Max hip flexion _____ angle

R Max hip extension _____ angle

Apex at hip to vertical mid-torso to knee

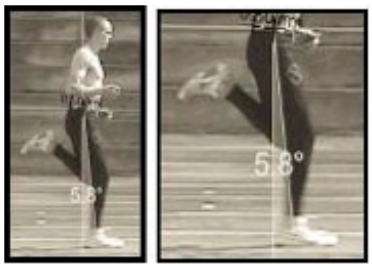
KNEE COMPLIANCE

L_____R_____ Knee at heel strike

L_____R_____ Max Knee Extension

L_____R_____ Max Knee Flexion

ANGLE OF FOOT-STRIKE



FOOT STRIKE PATTERN – *Foot position at initial contact*

☐ **Heel strike** ☐ **Mid-Foot** ☐ **Forefoot**

SOUND OF GAIT

- ☐ Forceful thudding impact
- ☐ Soft light impact
- ☐ Dragging in swing phase
- ☐ Even cadence
- ☐ Unrhythmic gait

STRIDE LENGTH

Distance between
Heel strike and Toe off:

L _____

R _____

STRIDE FREQUENCY – *Cadence*

Revolutions (Full R-L cycle) per minute RPM

Heel Strike *Mid-Stance* *Toe-Off*

Sources:
Handels Agenture Michael Nater

KRAM Components Defined by Todd Nunan
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ADDITIONAL NOTE AND OBSERVATIONS:

_____

_____

_____

Assessment by: _____