Gait Cycle and Gait Analysis

Watch this video on Gait Cycle and Gait Analysis on https://www.youtube.com/watch?v=1u6d1CX7o9c and complete tasks 1 and 2 below:

1. A STEP or a STRIDE ? A STANCE or a SWING ? Match the terms (1-10) and their definitions (a-j):

1.	step	A.	during it the foot is always in contact with the floor
2.	stride	B.	ends once the contralateral foot lifts off the ground
3.	Stance Phase	C.	lasts until the tibia is vertical
4.	Swing Phase	D.	during it the contralateral leg is proceeding to make full contact with the ground, the other leg lifts off further off the ground
5.	Loading Response	E.	is made up of two steps
6.	Heel Strike	F.	during it the heel of the right foot starts to lift while the contralateral has initial contact with the ground
7.	Terminal Stance	G.	during it the foot is swinging
8.	Pre-Swing	H.	during it the leg accepts the weight of the body
9.	Swing Phase	I.	starts with the initial contact of one foot and ends with the initial contact of the other foot
10.	Mid-Swing	J.	is composed of Initial, Mid- and Terminal Swing phases

2. Complete the missing words in this text on **GAIT ASSESSMENT IN A PATIENT:**

To analyse (1) g_ _ _ in physiotherapy one can make use of the Nijmeagen Orthopaedic Gait Analysis Form. It's a checklist to assess certain aspects of the body during gait and it's important to compare left and (2) r_ _ _ _. You would ask your patient to walk in his or her normal (3) p_ _ _. Kai is walking at 3 km/h, which is an average walking speed. A general aspect to assess, is whether there is a shortened stance phase or not. It's usually the most obvious (4) d_ _ _ _ _ _ _ _ from normal gait. For example, a patient who is (5) l_ _ _ _ _ _ will have a shortened stance phase for sure. Focusing on the (6) t_ _ _ _, check whether the trunk is anterior or posterior to the (7) h _ _ _, or if (8) l_ _ _ _ _ _ flexion is present. In some patients, the arm (9) s_ _ _ _ might also be reduced. Next up, one should look at the (10) p_ _ _ _ _ and whether posterior (11) r_ _ _ _ _ _ _ is excessive. Your patient might have to expose landmarks for you to assess this item. At the hips, check the amount of (12) e_ _ _ _ _ _ _ _ and whether that is reduced. Do the same for the knee. Also, assess the knee (13) f_ _ _ _ _ _

movement and check whether it's absent. Furthermore, check for normal ankle (14) p_ _ _ _ _ _ flexion, which might be reduced. Lastly, you could also inspect the amount of internal or (15) e_ _ _ _ _ _ _ rotation of the leg.

Sources:

Physiotutors, *Gait Cycle and Gait Analysis*, [online], [dostęp 10.03.2017], dostępny w internecie: https://www.youtube.com/watch?v=1u6d1CX7o9c

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