Observational Gait Analysis Rating Form

FOOT

Smoothness of loading response:

- Optimal
- Premature progression from heel contact to foot flat (foot slap)
- Delayed progression from heel contact to foot flat

Smoothness of terminal stance:

- Optimal
- Premature transfer of weight onto forefoot
- Delayed transfer of weight onto forefoot

Weight distribution of sole at midstance (coronal view):

- Optimal
- Medial border is not in contact with the ground
- Lateral border is not in contact with the ground

Weight distribution of sole at midstance (sagittal view):

- Optimal
- Heel is not in contact with ground
- Toe is not in contact with ground

Toe clearance at mid-swing:

- Optimal
- Insufficient ground clearance
- Excessive ground clearance

Knee

Smoothness of knee flexion during loading response:

- Optimal

Knee remains extended

Uncontrolled knee flexion

Flexion angle during loading response:

Optimal

Less than optimal

Greater than optimal knee flexion

Flexion angle during terminal stance:

Optimal

Less than optimal

Greater than optimal

Flexion angle at toe off:

Optimal

Less than optimal

Greater than optimal

Knee Valgus/Varus (midstance):

Optimal

Lateral shunt of the knee (varus moment)

Medial shunt of the knee (valgus moment)

Hip

Hip flexion during swing phase:

Optimal

Insufficient flexion

Excessive flexion

Hip abduction/adduction:

Optimal

Hip abduction

Hip adduction

Hip rotation:

- Optimal
- Hip externally rotated
- Hip internally rotated

Torso

Lateral sway of the trunk during stance:

- Optimal
- Inadequate lateral sway
- Excessive lateral sway

Anterioposterior movement of trunk:

- Optimal
- Extension of the trunk exceeds optimal
- Flexion of the trunk exceeds optimal

Vertical displacement:

- Optimal
- Excessive fall of the centre of gravity
- Excessive rise of the centre of gravity

Other

Width of base:

- Optimal
- Less than optimal
- Greater than optimal

Symmetry of step length:

- Optimal
- Left step length greater than right
- Right step length greater than left

Symmetry of stance and swing:

- Optimal
- Asymmetric stance phase duration
- Asymmetric swing phase duration

Walking velocity:

- Optimal
- Below optimal
- Greater than optimal

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