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Putting people's lives in motion

Let's take a walk (Gait assessment)

Two Primary Phases

- Stance Phase: The time that a foot is on the ground
- Swing Phase: The time that a foot is in the air

Let's break it down

- Weight Acceptance:
 - Initial Contact: the heel strikes the ground and initiates rotation to foot flat
 - Loading Response: the knee flexes slightly to absorb shock as the foot falls flat to the ground, stabilizing the single limb.
- Single Leg Support:
 - Midstance: Rotation forward over the supporting limb
 - Terminal Stance: advancement of the body in front of the support limb, lifting the heel off the ground, rotating onto the ball of the foot.
- Swing Phase: Forward clearance of the limb over the ground to prepare limb for stance phase
 - Pre-swing: the foot is pushed and lifted off the ground
 - Initial swing: Hip, knee, and ankle are flexed to prepare for advancement of the limb.
 - Mid-swing: limb advancement continues with the thigh being at its peak point.
 - Terminal swing: final advancement forward of the limb, and the foot is positioned for initial contact to the ground.

Photo Credit: <https://www.studyblue.com/notes/n/gait/deck/16020893>

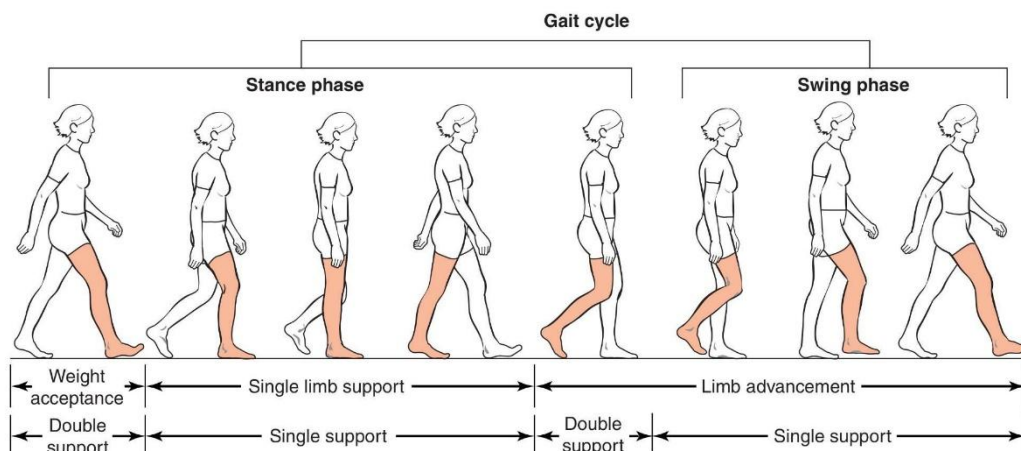


Figure 22-2. Phases of the gait cycle.