**Visual Gait Tool \***

**Instructions:** Circle observations while watching runner or film from front and from side.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Left** | | | **Frontal View** | **Right** | | |
| Narrow | Neutral | Wide | ***Step Width*** | Narrow | Neutral | Wide |
| Arm out | Neutral | Cross-over | ***Arm Mvmt*** | Arm out | Neutral | Cross-over |
| Same side | Neutral | Opposite side | ***Trunk Rotation*** | Same side | Neutral | Opposite side |
| Hip drop | Neutral | Hip hike | ***Hip Stability*** | Hip drop | Neutral | Hip hike |
| Knee in | Neutral | Knee out | ***Knee Alignment*** | Knee in | Neutral | Knee out |
| Supinated  (rolled out) | Neutral | Pronated  (rolled in) | ***Midstance pronation*** | Supinated  (rolled out) | Neutral | Pronated  (rolled in) |
|  |  |  |  |  |  |  |
|  |  |  | **Lateral View** |  |  |  |
| Limited | Optimal | Increased | ***Vertical Displacement*** | Limited | Optimal | Increased |
| Forward | Neutral | Backward | ***Arm Mvmt*** | Forward | Neutral | Backward |
| Fwd tilt | Neutral | Bkwd lean | ***Torso Orientation*** | Fwd tilt | Neutral | Bkwd lean |
| Lordosis  (curved) | Neutral | Flat | ***Lumbopelvic posture*** | Lordosis  (curved) | Neutral | Flat |
| Limited | Normal | Severe | ***Hip extension @ Toe Off*** | Limited | Normal | Severe |
| Heel  Or  In front of midline | Midfoot | Forefoot | ***Foot Strike & landing pattern*** | Heel  Or  In front of midline | Midfoot | Forefoot |