**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 OrIn front of midline  | Midfoot  | Forefoot |