



Enability's GAIT ASSESSMENT AND INTERVENTION TOOLBOX (G.A.I.T.) FORM



Patient ID: **MB** Age: **68** Diagnosis: **Stroke** Observed Side: **RIGHT** / **LEFT** Assessment Date: **00/01** Walking Aid: **Cane**

Gait Intervals	Foot	Ankle	Knee	Hip	Pelvis	Trunk
Initial Double Support (IDS)	☐ Forefoot Contact ☐ Foot flat Contact ☐ Foot Slap	☐ Excessive Plantarflexion ☐ Insufficient Plantarflexion ☐ Excessive Dorsiflexion ☒ Excessive Inversion ☐ Excessive Eversion	☐ Excessive Flexion ☐ Insufficient Flexion ☐ Hyperextension ☐ Excessive Varus ☐ Excessive Valgus	☐ Insufficient Flexion ☐ Excessive Internal Rotation ☒ Excessive External Rotation ☐ Excessive Abduction ☒ Excessive Adduction	☐ Excessive Forward Rotation ☐ Insufficient Forward Rotation	☐ Forward Lean ☐ Backward Lean ☐ Right Lean ☐ Left Lean
Single limb Support (SS)	☐ Early Heel Off ☒ Delayed Heel Off	☐ Excessive Plantarflexion ☐ Excessive Dorsiflexion ☒ Insufficient Dorsiflexion ☐ Excessive Inversion ☐ Excessive Eversion	☐ Excessive Flexion ☐ Hyperextension ☐ Excessive Varus ☐ Excessive Valgus ☐ Unstable Knee	☒ Insufficient Extension ☐ Excessive Internal Rotation ☐ Excessive External Rotation ☐ Excessive Abduction ☐ Excessive Adduction	☒ Insufficient Backward Rotation ☐ Excessive Backward Rotation ☐ Excessive Anterior Tilt ☐ Contralateral Drop	☐ Forward Lean ☐ Backward Lean ☐ Right Lean ☐ Left Lean
Terminal Double Support (TDS)		☒ Insufficient Plantarflexion	☒ Insufficient Flexion	☐ Insufficient Flexion	☐ Excessive Backward Rotation ☒ Insufficient Backward Rotation	☐ Forward Lean ☐ Backward Lean ☐ Right Lean ☐ Left Lean
Swing	☐ Drag	☐ Excessive Plantarflexion ☐ Contralateral Vaulting	☒ Insufficient Flexion ☐ Excessive Flexion (Steppage Gait) ☐ Insufficient Extension ☐ Forceful Extension	☐ Insufficient Flexion ☐ Circumduction ☒ Thigh Retraction	☐ Pelvic Hiking ☐ Insufficient Forward Rotation ☐ Excessive Forward Rotation	☐ Forward Lean ☐ Backward Lean ☐ Right Lean ☐ Left Lean

Step Length: ☒ **Right > Left**; ☐ Left > Right

Step Width: ☐ WIDE; ☒ **NARROW**

Stance Time: ☐ Right > Left; ☒ **Left > Right**

Toe Angle: ☐ TOE IN; ☒ **TOE OUT**

INTERVENTION FOCUS

☒ **Balance / Stability**
☒ **Equality / Symmetry**
☐ Energy Consumption
 ☒ **Progression**
☐ Shock Absorption