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

Patient ID: _JB_ *Age:*_54_ *Diagnosis:* _COVID Neuropathy_ *Observed Side:* RIGHT / ~~LEFT~~ *Assessment Date:*_00_ *Walking Aid:* _None

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 Rise~~ ☐ ~~Delayed Heel Rise~~	☑ **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	☐ ~~Foot Drag / Toe Drag~~	☑ **Excessive Plantarflexion (Foot Drop)** ☐ ~~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**