



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



Patient ID: _SR Age: 64 Diagnosis: Acquired Brain Inj. Observed Side: RIGHT / LEFT Assessment Date: 00 Walking Aid: AFO

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 ☐ 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