



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: **_02_** 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**