



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



Patient ID: XX Age: 32 Diagnosis: Spina Bifida Observed Side: RIGHT / LEFT Assessment Date: 00 Walking Aid: Cane

Gait Phases	Foot	Ankle	Knee	Hip	Pelvis	Trunk
Stance	☐ Forefoot Contact ☐ Foot-flat Contact ☐ Foot Slap ☐ Early Heel Rise ☒ Delayed Heel Rise	☐ Excessive Plantarflexion ☒ Insufficient Plantarflexion ☐ Excessive Dorsiflexion ☒ Insufficient Dorsiflexion ☐ Inversion → — Moderate / Excessive ☐ Eversion → — Moderate / Excessive ☒ Stiff Ankle ☐ Unstable Ankle	☒ Excessive Flexion ☐ Insufficient Flexion ☐ Hyperextension ☐ Varus → — Moderate / Excessive ☒ Valgus Moderate / Excessive ☐ Stiff Knee ☒ Unstable Knee	☐ Insufficient Flexion ☐ Insufficient Extension ☐ Internal Rotation — Moderate / Excessive ☐ Excessive External Rotation ☐ Abduction — Moderate / Excessive ☐ Adduction — Moderate / Excessive ☐ Stiff Hip	☐ Excessive Forward Rotation ☐ Insufficient Forward Rotation ☐ Insufficient Backward Rotation ☒ Excessive Backward Rotation ☐ Excessive Anterior Tilt ☐ Contralateral Drop ☐ Restricted Pelvic Movement	☐ Forward Lean ☐ Backward Lean ☐ Right Lean ☒ Left Lean ☐ Restricted Trunk Rotation
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