



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



Patient ID: XY Age: 59 Diagnosis: Transfemoral Amp Observed Side: RIGHT / LEFT Assessment Date: Walking Aid: None

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