



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



Patient ID: TK Age: 37 Diagnosis: TBI Observed Side: **RIGHT** / **LEFT** Assessment Date: 00/01 Walking Aid: Cane

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