Observational Gait Analysis Rating Form

FOOT

Smoothness of loading response:
  - Optimal
  - Premature progression from heel contact to foot flat (foot slap)
  - Delayed progression from heel contact to foot flat

Smoothness of terminal stance:
  - Optimal
  - Premature transfer of weight onto forefoot
  - Delayed transfer of weight onto forefoot

Weight distribution of sole at midstance (coronal view):
  - Optimal
  - Medial border is not in contact with the ground
  - Lateral border is not in contact with the ground

Weight distribution of sole at midstance (sagittal view):
  - Optimal
  - Heel is not in contact with ground
  - Toe is not in contact with ground

Toe clearance at mid-swing:
  - Optimal
  - Insufficient ground clearance
  - Excessive ground clearance

Knee

Smoothness of knee flexion during loading response:
  - Optimal
Knee remains extended
Uncontrolled knee flexion

Flexion angle during loading response:
  Optimal
  Less than optimal
  Greater than optimal knee flexion

Flexion angle during terminal stance:
  Optimal
  Less than optimal
  Greater than optimal

Flexion angle at toe off:
  Optimal
  Less than optimal
  Greater than optimal

Knee Valgus/Varus (midstance):
  Optimal
  Lateral shunt of the knee (varus moment)
  Medial shunt of the knee (valgus moment)

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**Hip**

Hip flexion during swing phase:
  Optimal
  Insufficient flexion
  Excessive flexion

Hip abduction/adduction:
  Optimal
  Hip abduction
  Hip adduction
Hip rotation:
  Optimal
  Hip externally rotated
  Hip internally rotated

**Torso**

Lateral sway of the trunk during stance:
  Optimal
  Inadequate lateral sway
  Excessive lateral sway

Anterioposterior movement of trunk:
  Optimal
  Extension of the trunk exceeds optimal
  Flexion of the trunk exceeds optimal

Vertical displacement:
  Optimal
  Excessive fall of the centre of gravity
  Excessive rise of the centre of gravity

**Other**

Width of base:
  Optimal
  Less than optimal
  Greater than optimal

Symmetry of step length:
  Optimal
  Left step length greater than right
  Right step length greater than left
Symmetry of stance and swing:
  Optimal
  Asymmetric stance phase duration
  Asymmetric swing phase duration

Walking velocity:
  Optimal
  Below optimal
  Greater than optimal

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