Gait Cycle:

Stance Phase- foot contact, 60% of cycle
Swing Phase- 40%

Look for:

1. Step Length (initial contact one foot to initial contact of other) or Stride Length (initial contact one foot to next contact same foot)
   - at least length of person’s foot in between
   - symmetrical in normal subjects

2. Width (feet should almost touch as passing by each other)
   - wide, staggering- ataxic
   - spastic- scissoring legs(circumduction) or stiff-looking

3. Step Height (need to clear foot by 1-2 inches)
   - need to lift hip/bend knee/bend ankle
   - high stepping- foot drop
   - stuck to ground- apraxic (magnetic- NPH; frontal lobe)

4. Pelvis/Hip
   - control of pelvis
   - waddling gait- proximal muscle girdle weakness (myopathic gait)

5. Symmetry
   - does it look the same on both sides?