



Gait Inspection Checklist

Overall Observation

- ☐ Athlete has minimal clothing to allow good observation
- ☐ Athlete is relaxed
- ☐ Ask athlete to remove shoes
- ☐ Observe for symmetry in gait
- ☐ Listen for cadence
- ☐ Rhythm
- ☐ Symmetry
- ☐ Intensity
- ☐ Watch for stride length and stride width
- ☐ Look for smoothness of gait
- ☐ Observe from anterior, lateral, and posterior views
- ☐ Move to systematic segmental examination

Observation of the Foot and Ankle

- ☐ Where does the foot hit the ground?
- ☐ Does the longitudinal arch change through weight bearing?
- ☐ Does the calcaneus change vertical alignment during stance?
- ☐ Does the calcaneus rotate quickly once it's non-weight bearing?
- ☐ Are the same number of toes evident laterally for each foot from behind the leg?
- ☐ Is muscle contraction evident?
- ☐ When does the heel come off the ground during stance?
- ☐ Does the ankle remain in neutral during swing?
- ☐ Is the gait smooth from foot flat to mid-stance?
- ☐ How does the left side compare to the right?

Observation of the Knee

- ☐ Is the knee in alignment with the ankle and hip from the anterior view?
- ☐ Does the patella remain forward during stance or does it rotate medially or laterally?
- ☐ Does the knee swing directly forward or circumduct during swing?
- ☐ Does the knee go from extension to partial flexion to extension during stance?
- ☐ Does the knee flex far enough during swing?
- ☐ How does the left knee compare to the right?

Observation of the Hip

- ☐ Is there slight lateral rotation at heel strike?
- ☐ Is adduction–abduction alignment good or does the hip adduct to cross toward the other leg during stance?
- ☐ Is the hip flexed with the trunk upright during heel strike?
- ☐ Does the hip move into hyperextension during heel-off?
- ☐ Is there sufficient hip flexion to clear the foot during swing?
- ☐ Is hip motion smooth throughout the gait cycle?
- ☐ Does the hip circumduct during swing?
- ☐ How does the left hip compare to the right?

Observation of Trunk and Upper-Extremity

- ☐ Does the trunk remain erect throughout the gait cycle?
- ☐ Does trunk rotation coincide with shoulder motion?
- ☐ Do the arms swing equally?
- ☐ Do the arms swing naturally from the shoulders?
- ☐ Do the shoulders appear relaxed?