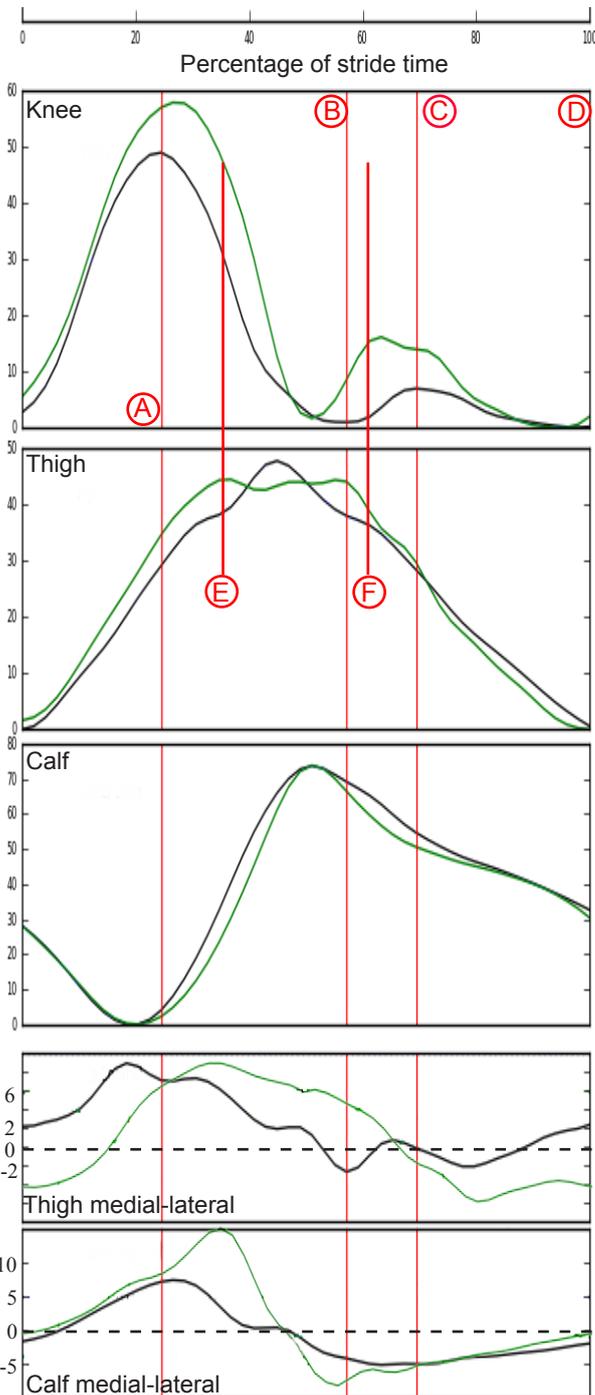


OBSERVATIONS:

The flexion and time in stance of the left leg is significantly outside the range and the flexion in swing is also just below the accepted range, introducing asymmetry. The person should seek medical advice.



Above '0' thigh/calf swinging out, below '0' swinging in.

Range of Motion Score	100%	
	Left	Right
Range knee (°)	48.5	58.2
Range thigh (°)	48.6	45.3
Range calf (°)	74.2	74.4
Average duration (s)	1.1	
Quality of Gait Score	57.1%	
Calf medial-lateral (%)	17.2	28.8
Thigh medial-lateral (%)	25.0	31.2
Swing time (%)	57.0	50.0
Stance flexion (°)	7.1	16.2
Symmetry Score	56.2%	
Knee (%)	-17.2	
Thigh (%)	6.5	
Calf (%)	-0.2	
Stance (%)	-78.5	
Swing Difference (%)	7.0	

Key

Green - your right leg
Black - your left leg

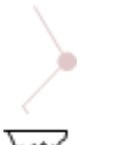
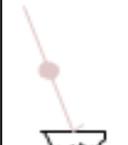
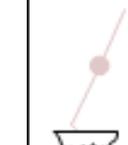
The table (on the left) highlights what part of your gait is outside the normal band.

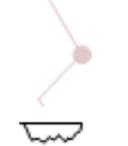
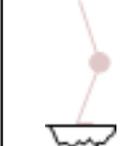
The shaded areas mean the following:

Green; you have a normal gait

Amber; needs monitoring

Red; specialist attention needed

Knee movement	(A) Knee flexion swing	(B) Knee extension end of swing	(C) Knee flexion stance	(D) Knee extension end of stance
Knee angle, healthy person at (A) to (D)				

Thigh - lower limb movement	(E) Thigh extension swing	(F) Thigh extension stance
Healthy person at points (E) & (F)		

Definition of parameters

Range of Motion Score

This is the GaitSmart score made up of the parameters listed below. The score looks at how well your legs are moving as you move forward, also called sagittal movement.

Range knee	Average value of left and right knee flexion of the selected strides from your trial.
Range thigh	Average value of left and right thigh flexion of the selected strides from your trial.
Range calf	Average value of left and right calf flexion of the selected strides from your trial.
Average duration	How long it takes you to complete a stride. A stride is the time for you to take two steps, i.e. the left leg then the right leg.

Quality of Gait score

This is the GaitSmart score made up of the parameters listed below. The score looks to see if you are swinging your legs out (coronal movement) or in when you walk, and if you are flexing your knee when your foot is on the ground when you walk.

Thigh medial-lateral	Coronal movement divided by the sagittal movement expressed as a percentage (%) value for the left and right leg.
Calf medial-lateral	Coronal movement divided by the sagittal movement expressed as a percentage (%) value for the left and right leg.
Swing time	Average % of stride for the swing knee angle. A stride is made up of the swing time (when you swing your leg), and the stance time (when your foot is on the ground).
Stance flexion	This is the flexion in stance from knee angle plot for both the left and right knee.

Symmetry score

This is the GaitSmart score that looks at the symmetry of movement. When you walk each leg should have the same movement, if one leg does something different then you are not symmetrical. If your score is -ve there is less movement on the left than the right, +ve means less movement on right than left.

Symmetry knee	Left knee range minus right knee range divided by the average knee range as a percentage (%).
Symmetry thigh	Left thigh range minus right thigh range divided by the average thigh range as a percentage (%).
Symmetry calf	Left calf range minus right calf range divided by the average calf range as a percentage (%).
Symmetry stance	Left flexion in stance minus right flexion in stance divided by the average flexion in stance as a percentage (%).
Swing difference	Swing time for left knee minus swing time for right knee.

Colours

Amber colour means that the value you have been given is just outside that of a typically healthy person. You should seek out the advice of a health professional who will know how to treat you to get back to within a normal healthy persons parameters.

Red colour means that you are significantly outside what a normal healthy person achieves on that parameter. You should seek professional help regarding this issue as you may be damaging one or more of the following; muscles, ligaments, joints, possibly leading to extensive rehabilitation or even surgery.

Remember gaitSmart highlights problems before you can see them, allowing you to start corrective treatment before it becomes chronic. Ensure you have your gait checked regularly, mobility is life.