STANCE 60%					SWING 40%		
Task: Weight Acceptance		Single Limb Support		Limb Advancement			
Initial contact	Loading Response	Mid-Stance	Terminal Stance	Pre-Swing	Initial Swing	Mid-Swing	Terminal Swing
IC	LR	MSt	TSt	PSw	ISw	MSw	TSw
Task:	Task:	Task:	Task:	Task:	Task:	Task:	Task:
Positioning of the	Shock absorption.	Progression over	Forward	Prepare Swing.	Foot clearance.	Foot clearance	Complete limb
heel.	Leg and trunk	stance foot.	progression	Bring the leg out	Advancement	from floor.	Advancement.
	stability.	Trunk and leg	beyong BoS.	from trailing	from trailing	Swing through.	Prepare stance.
	Progres forward	alignment.		position.	position.		
Joint motion	Joint motion	Joint motion	Joint motion	Joint motion	Joint motion	Joint motion	Joint motion
Pelvis: 4° forward	Pelvis: forward	Pelvis: 0°	Pelvis: 4° bkwd	Pelvis: bkwd	Pelvis: bkwd	Pelvis: 0°	Pelvis: forward
Hip: 25° flexion	Hip: 25° flexion	Hip: 25 ⇒ 0°flex	Hip: 0⇒20°ext	Hip: $20^{\circ} \Rightarrow 0^{\circ} \text{ ext}$	Hip: 0°⇒15° flex	Hip: 15 ⇒25° flex	Hip: 25° flex
Knee: almost 0°	Knee: $0 \Rightarrow 15^{\circ}$ flex	Knee: 15	Knee: 0° flex	Knee: 0° ⇒40°flex	Knee: 40	Knee:60 ⇒25°flex	Knee: 25° ⇒0°fle:
Ankle: 0°	Ankle: 0 ⇒ 10° pf	Ankle: 10°pf ⇒5°de	Ankle: 5° ⇒10°de	Ankle:10°de ⇒ 20°pf	Ankle:20° ⇒10°pf	Ankle: 10°pf ⇒0°	Ankle: 0°
MTP: 25° ext.	MTP: $25^{\circ} \Rightarrow 0^{\circ} \text{ ext}$	MTP: 0°	MTP: $0^{\circ} \Rightarrow 30^{\circ} \text{ ext.}$	MTP: $30^{\circ} \Rightarrow 60^{\circ} \text{ext.}$	MTP: 60°ext ⇒0°	MTP: 0°.	MTP: $0-25^{\circ}$ ext
Double Limb Support		Single Limb Support		Dbl. L. Support	Single Limb Support		
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	The second second second	The River Co.	Control of Sail Sail	100000000000000000000000000000000000000		T 10 10 10 10 10 10 10 10 10 10 10 10 10	
0 - 2%	2 - 12%	12 – 31%	31 - 50%	50 - 62%	62 - 75%	75 - 87%	87 – 100%
		12 – 31% <u>Main Muscles</u>		Main Muscles	Main Muscles	Main Muscles	Main Muscles
<u>Main I</u> Gluteus	2 - 12% Muscles maximus	12 – 31% <u>Main Muscles</u> Glut. Max.(early)	31 – 50% <u>Main Muscles</u> TFL	Main Muscles Adductor longus	Main Muscles Adductor longus	Main Muscles Gracilis	Main Muscles Hamstrings
<u>Main I</u> Gluteus Gluteus	2 - 12% Muscles maximus Medius	12 – 31% <u>Main Muscles</u>	31 – 50% <u>Main Muscles</u>	Main Muscles Adductor longus Gracilis	Main Muscles Adductor longus Gracilis, Iliacus	Main Muscles	Main Muscles Hamstrings Gracilis
<u>Main I</u> Gluteus Gluteus Hamstri	2 - 12% Muscles maximus	12 – 31% <u>Main Muscles</u> Glut. Max.(early)	31 – 50% <u>Main Muscles</u> TFL	Main Muscles Adductor longus	Main Muscles Adductor longus	Main Muscles Gracilis	Main Muscles Hamstrings

Overview Gait Cycle Perry
Pictures refers to the end of each phase.