



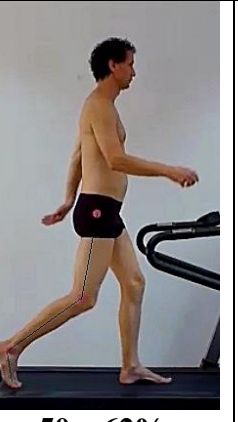





STANCE 60%				SWING 40%				
Task: Weight Acceptance		Single Limb Support		Limb Advancement				
Initial contact	Loading Response	Mid-Stance	Terminal Stance	Pre-Swing	Initial Swing	Mid-Swing	Terminal Swing	
IC	LR	MSt	TSt	PSw	ISw	MSw	TSw	
<u>Task:</u>	<u>Task:</u>	<u>Task:</u>	<u>Task:</u>	<u>Task:</u>	<u>Task:</u>	<u>Task:</u>	<u>Task:</u>	
Positioning of the heel.	Shock absorption. Leg and trunk stability. Progres forward	Progression over stance foot. Trunk and leg alignment.	Forward progression beyond BoS.	Prepare Swing. Bring the leg out from trailing position.	Foot clearance. Advancement from trailing position.	Foot clearance from floor. Swing through.	Complete limb Advancement. Prepare stance.	
<u>Joint motion</u>	<u>Joint motion</u>	<u>Joint motion</u>	<u>Joint motion</u>	<u>Joint motion</u>	<u>Joint motion</u>	<u>Joint motion</u>	<u>Joint motion</u>	
Pelvis: 4° forward Hip: 25° flexion Knee: almost 0° Ankle: 0° MTP: 25° ext.	Pelvis: forward Hip: 25° flexion Knee: 0 ⇨ 15° flex Ankle: 0 ⇨ 10° pf MTP: 25° ⇨ 0° ext	Pelvis: 0° Hip: 25 ⇨ 0° flex Knee: 15 ⇨ 0° flex Ankle: 10° pf ⇨ 5° de MTP: 0°	Pelvis: 4° bkwd Hip: 0 ⇨ 20° ext Knee: 0° flex Ankle: 5° ⇨ 10° de MTP: 0° ⇨ 30° ext.	Pelvis: bkwd Hip: 20° ⇨ 0° ext Knee: 0° ⇨ 40° flex Ankle: 10° de ⇨ 20° pf MTP: 30° ⇨ 60° ext.	Pelvis: bkwd Hip: 0° ⇨ 15° flex Knee: 40 ⇨ 60° flex Ankle: 20° ⇨ 10° pf MTP: 60° ext ⇨ 0°	Pelvis: 0° Hip: 15 ⇨ 25° flex Knee: 60 ⇨ 25° flex Ankle: 10° pf ⇨ 0° MTP: 0°.	Pelvis: forward Hip: 25° flex Knee: 25° ⇨ 0° flex Ankle: 0° MTP: 0-25° ext	
Double Limb Support		Single Limb Support		Dbl. L. Support	Single Limb Support			
								
0 - 2%	2 - 12%	12 - 31%	31 - 50%	50 - 62%	62 - 75%	75 - 87%	87 - 100%	
<u>Main Muscles</u>		<u>Main Muscles</u>		<u>Main Muscles</u>	<u>Main Muscles</u>		<u>Main Muscles</u>	
Gluteus maximus Gluteus Medius Hamstrings, Vasti Pre-Tibials		Glut. Max.(early) Glut. Med., TFL Vasti (early) Post-Tibials		TFL Post-Tibials	Adductor longus Gracilis Rector Femoris Post-Tibials		Gracilis Pre-Tibials	Hamstrings Gracilis Pre-Tibials