

WEEK 1 / PELVIS TO FOOT

Gait sequence cheat sheet | Read each column as the stance-side leg unless noted

Gait Moment	Pelvis Orientation	Sacrum	Innominate	Hip Joint	Femur	Tibia	Ankle	Foot + Big Toe
Heel Strike 0%	Turned away from stance leg	Counternutated	Externally rotated	Externally rotated	Externally rotated	Externally rotated	Plantarflexed	Supinated; big toe spread outward
Heel Strike to Foot Flat 0-20%	Turns farther away	Nutates from counternutation	Internally rotates from ER	Externally rotates from ER*	Internally rotates from ER	Internally rotates from ER	Dorsiflexes from plantarflexion	Pronates from supination; big toe spreads
Foot Flat to Midstance 20-40%	Turns toward stance leg	Counternutates from nutation	Externally rotates from IR	Internally rotates from ER*	Externally rotates from IR	Externally rotates from IR	Plantarflexes from dorsiflexion	Supinates from pronation; big toe moves toward 2nd
Midstance to Late Stance 40-50%	Turns farther toward stance leg	Continues counternutating	Continues externally rotating	Continues internally rotating*	Continues externally rotating	Continues externally rotating	Continues plantarflexing	Continues supinating; big toe hugs 2nd
Swing 50-100%	Turns away from previous stance leg	Slowly nutates	Slowly internally rotates	Slowly externally rotates*	Slowly internally rotates	Slowly internally rotates	Slowly dorsiflexes	Foot stays relatively supinated; toe N/A

QUICK READ

Loading: sacrum nutates; innominate, femur and tibia move toward IR; foot pronates. Propulsion: the sequence reverses toward ER and supination.

Orientation = pelvis turning as a unit. Relative motion = individual segments rotating within the chain. ER / IR = external / internal rotation.

*Hip joint rotation is the pelvis-on-femur description in the course chart; it may read opposite the femur's rotation in space.