



# Physical Therapy Gait and Orthotics

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# Who will benefit from orthotics assessment?

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- Developmental delay; not weight bearing at 12 months
- Unstable foot position for positioning, transfers or mobility
- Frequent tripping/falling
- Pain
- Slow walking speed
- Difficulty participating in school, home activities, sports

# Goals of Orthoses

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- Improve/maintain ROM
- Assist weak muscle
- Improve alignment for gait
- Improve gait pattern
- Improve postural alignment
- Improve alignment of distal segments (in open or closed kinetic chain)

# Cascade DAFO Guide to Brace Selection

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- Low Tone Pronation
- High Tone Pronation/Supination
- Swing Phase Inconsistency
- Excess Plantarflexion Toewalking
- Knee Hyperextension
- Excess Dorsiflexion Crouching
- Positioning Limited Ambulation

# Before and After: High Tone Pronation

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<https://youtu.be/yLaftEbriGM>



# Before and After: Swing Phase Inconsistency

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[https://youtu.be/1YpALdM87\\_c](https://youtu.be/1YpALdM87_c)



# Before and After: Excess Plantarflexion Toewalking

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<https://youtu.be/iWVYNYI9aAs>





# Before and After: Excess Plantarflexion

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<https://youtu.be/2ktbEY8ekA8>



# Before and After: Knee Hyperextension

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<https://youtu.be/FbIWOM29w8A>



# Before and After: Excess Dorsiflexion

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<https://youtu.be/sPctE4DFpdU>

