

Whittle Gait Analysis: A Comprehensive Guide to the Clinical Assessment of Gait

By David Levine, PhD, PT

Gait analysis is a fundamental tool for clinicians assessing and managing movement disorders. Whittle Gait Analysis provides a comprehensive overview of the latest techniques and applications of gait analysis, making it an essential resource for professionals in the field.

Chapter 1: Principles of Gait Analysis



Whittle's Gait Analysis by David Levine PhD PT

★★★★☆ 4.6 out of 5

Language : English
File size : 9161 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 475 pages



This chapter explores the basic principles of gait analysis, including the biomechanics of normal gait, gait cycle terminology, and the role of different body segments in gait.

Chapter 2: Instrumentation for Gait Analysis

This chapter reviews the various instruments used in gait analysis, including pressure plates, force plates, electromyography (EMG), and motion capture systems. It discusses the advantages and disadvantages of each technique.

Chapter 3: Gait Assessment

This chapter provides a step-by-step guide to conducting a comprehensive gait assessment. It covers history taking, physical examination, and the use of gait analysis instruments.

Chapter 4: Clinical Applications of Gait Analysis

This chapter explores the clinical applications of gait analysis in various populations, including children with cerebral palsy, adults with stroke, and elderly individuals. It discusses the use of gait analysis to assess treatment outcomes and guide rehabilitation interventions.

Chapter 5: Research Applications of Gait Analysis

This chapter highlights the role of gait analysis in research settings. It reviews methodologies for gait analysis in clinical trials and discusses its potential for understanding movement disorders and developing new treatments.

Chapter 6: Gait Analysis in Sports

This chapter examines the use of gait analysis in sports performance assessment and injury prevention. It discusses techniques for quantifying running economy, stride length, and other performance-related variables.

Chapter 7: Gait Analysis in Ergonomics

This chapter explores the role of gait analysis in ergonomics, focusing on the assessment and prevention of musculoskeletal disorders in occupational settings.

Chapter 8: Future Directions in Gait Analysis

This chapter discusses emerging trends in gait analysis, including the use of wearable sensors, machine learning, and artificial intelligence.

Benefits of Whittle Gait Analysis:

- Comprehensive coverage of gait analysis techniques and applications
- In-depth exploration of clinical and research applications
- Easy-to-follow instructions for gait assessment
- Practical guidelines for interpreting gait analysis data
- Accessible writing style and numerous illustrations

Target Audience:

Whittle Gait Analysis is an invaluable resource for:

- Physical therapists
- Occupational therapists
- Orthopedic surgeons
- Sports medicine physicians

- Researchers in movement sciences
- Students in these fields

About the Author:

Dr. David Levine is a renowned physical therapist and professor specializing in gait analysis. He is the author of numerous publications and textbooks on gait analysis. His research has advanced the field and improved clinical practice.

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Whittle Gait Analysis is an indispensable guide for professionals involved in the assessment and management of movement disorders. Its comprehensive content, practical applications, and accessible writing style make it a must-read for anyone seeking a deeper understanding of gait analysis.



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