

Exercise Therapy

www.physiotherapyphd.com

Calcaneal Gait

Definition

Calcaneal gait is an abnormal gait characterized by excessive weight bearing on the heel due to weakness or paralysis of the plantar flexor muscles of the ankle, particularly the gastrocnemius and soleus.

Causes: Tibial nerve injury, S1 nerve root lesion, or weakness of the calf muscles.

Gait characteristics: Excessive heel loading, reduced push-off during the terminal stance phase, and difficulty rising onto the toes.

Muscle involvement: Gastrocnemius and soleus.

Functional effects: Reduced walking efficiency and difficulty in running, jumping, and climbing stairs.

[All Notes on Exercise therapy](#)

[All Notes on Electrotherapy](#)

[Get All Physiotherapy Notes & Updates — Enter Email and Follow](#)

[Joint Movements During Gait: Sagittal, Frontal and Transverse Plane Motions](#)

[Gait Cycle Phases](#)

[Determinants of Gait](#)

[Gait Analysis: Definition, Spatial and Temporal Variables](#)

[Gait Cycle: Definition, Phases and Gait Analysis with Diagrams](#)

[Human Gait](#)

Reference:

1. O'Sullivan SB, Schmitz TJ, Fulk GD. Physical Rehabilitation. Elsevier.
2. Magee DJ. Orthopedic Physical Assessment. Elsevier.

For more notes click on:

www.physiotherapyphd.com