

Exercise Therapy

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Trendelenburg Gait

Definition:

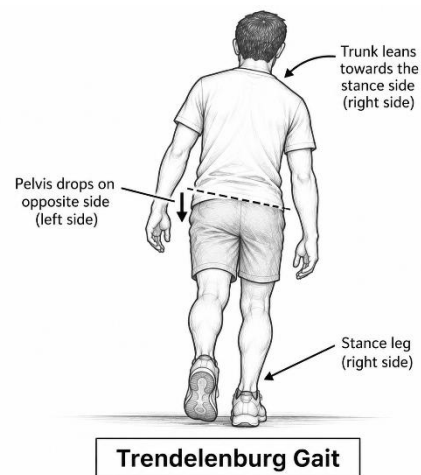
Trendelenburg gait is an abnormal gait pattern caused primarily by weakness or dysfunction of the hip abductors, especially the gluteus medius and gluteus minimus.

Characteristic of Trendelenburg gait

Due to the weakness of the Gluteus medius muscle, Pelvis drops on the opposite side, trunk leans towards the affected side, wide BOS

Causes

- Superior gluteal nerve injury
- Gluteus medius/minimus weakness
- Hip joint pathology
- Hip surgery or hip replacement
- Developmental dysplasia of the hip
- Painful hip conditions
- Neuromuscular disorders
- Leg-length discrepancy



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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.

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