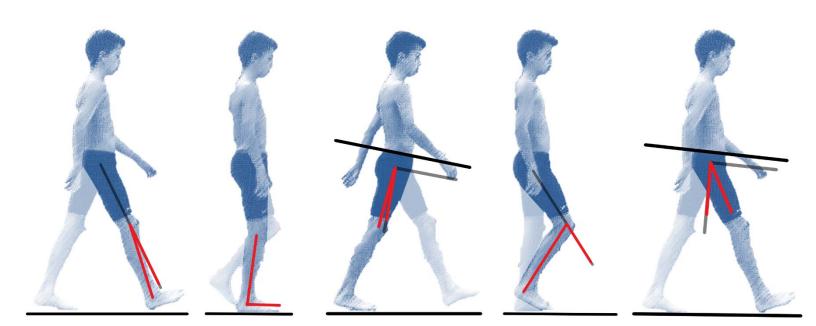
# mOGA

mobile app enhancedObservational Gait Analysis

www.gaitanalysis.org



#### **mOGA**

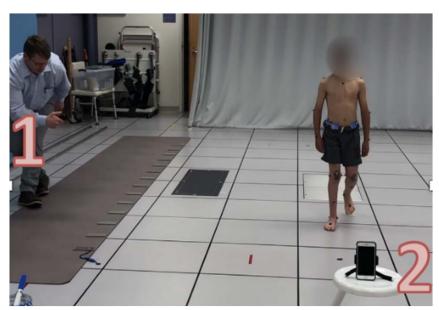
#### mobile app enhanced Observational Gait Analysis

#### Introduction

In settings where a three dimensional gait analysis is not feasible, observational gait analysis can provide important information about gait pathology. Among the validated scoring systems to organize the observations of gait, the Edinburgh Visual Gait Score (EVGS) is the most comprehensive and has the most favorable psychometrics. Improvements in mobile videography have created opportunities to obtain high-quality slow-motion video in a clinic setting. These videos can provide excellent documentation of gait pathology in the sagittal, coronal, and vertical planes. Free and low-cost video analysis software is now available on all mobile device platforms, allowing for slow-motion video analysis of gait with increased accuracy. By utilizing the appropriate technology with a validated scoring system, gait analysis outside the walls of a gait lab is possible. Though limitations of the mobile enhanced observational gait analysis technique (mOGA) require further study, the technique can facilitate improved documentation of gait pathology and improved communication between providers.

#### **High Quality Video Acquisition**

To obtain high quality slow motion video, we recommend the use of a two camera mobile device setup as seen below.



This two-camera setup allows for acquisition of simultaneous sagittal and coronal video. For sagittal video acquisition, utilization of a image stabilization gimbal can improve video quality. The subject should fill up at least 2/3 of the field of view of the screen. Centering the image on the subject's knees will give the proper perspective.

We recommend utilizing the slow-motion video at 60 frames per second or higher, to prevent blur of the limb in swing phase. Natural, incandescent tungsten, or halogen lighting will prevent video flicker at slow motion speeds. The space should allow for at least a 10 foot distance from the subject in the sagittal plane and a 30 foot walkway in the coronal plane.

Once the video has been acquired, it can be transferred to a low-cost commercially available sports performance mobile application. These applications allow for frame-by-frame analysis and on-screen angle measurements, which increase the accuracy of the analysis. Applications that could be used on an Apple iOS or Android device include Hudl Technique (free), Slomo (free), Coach's Eye (US\$4.99) or Dartfish Express (US\$6.99).

#### **Subject Attire**

To properly visualize the landmarks for analysis, the subject should be dressed in fitting shorts with additional tight sleeveless top for girls. Ideally, the child's upper thoracic spine, anterior and posterior superior iliac spines, femoral condyles, and medial and lateral malleoli should be visible and marked with high contrast 3D markers. The patellae, tibial tubercle, and Achilles tendon should be also be marked with a high-contrast skin marker. The subject below demonstrates the ideal markings and attire.



#### **Video Analysis**

The video required for proper analysis using the Edinburgh Visual Gait Score (EVGS) requires four views:

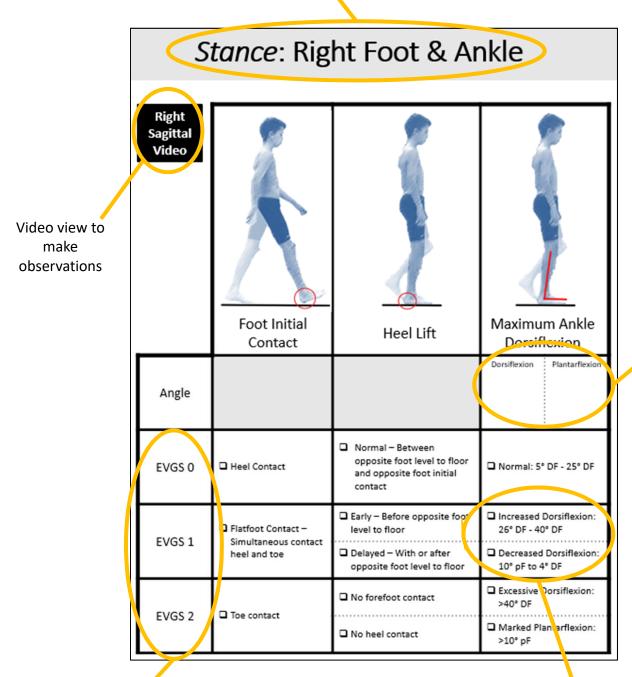
- 1. Right Sagittal Video The subject's right limb is closer to the camera.
- 2. Left Sagittal Video The subject's left limb is closer to the camera.
- 3. Coronal Front Video The subject is walking towards the camera.
- 4. Coronal Rear Video The subject is walking away from the video.

Once the four views have been obtained, each gait cycle can be analyzed systematically using the worksheet on the following pages. The components of the EVGS have been divided into a logical sequence to facilitate ease of scoring. Each page lists the video view to be analyzed and leads the reviewer through the components of scoring. Many of the EVGS observations assign scores based on severity of deviation within an angle range, but to allow for an increased level of precision, the worksheet has a space for writing the actual angle measurement. Joint segment scores can be totaled at the bottom of the worksheet. The mOGA Summary Page, the final two pages of the worksheet, can be used to summarize the EVGS observations.

#### Using the mOGA Worksheet

Each page of the worksheet gives details to efficiently obtain and document the components of the EVGS for each limb. The illustration below shows the features of each page of the worksheet.

Phase of gait cycle and body segments to be measured



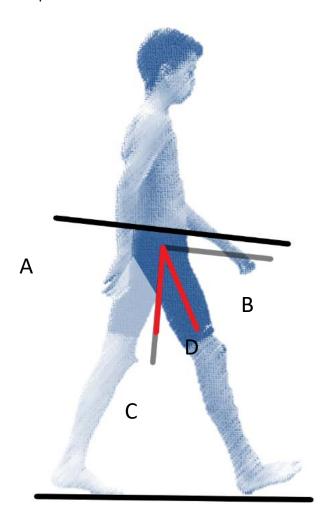
For increased precision, the angle measurement can be documented for the EVGS observations that allow for angle annotation

Each row contains the criteria for the corresponding EVGS scores

EVGS assigns a value to deviations in either direction. In this example, an EVGS score of 1 can be given for either increased OR decreased dorsiflexion. Choose just one of the boxes for each observation.

#### **Measuring Angles**

The illustration in each column demonstrates how to measure the corresponding angle. The two examples below illustrate the common conventions used in the illustrations.





A – Pelvis Line. This line may not be parallel to the floor.

B – Parallel to line A, centered on hip joint. Transparent lines indicate intermediate steps needed to draw the final angle.

C – Perpendicular to line B, centered on hip joint. Red lines represent lines used to calculate the final angle.

D – Line of thigh.

Final angle measurement is the angle between lines C and D.



#### Foot Progression Angle

A – Line of Gait Progression.

B – Parallel to line A, centered on foot.

C – Line parallel to foot.

Final angle measurement is the angle between lines B and C.

#### **Details of Each Measurement**

In the table below you will find some detailed suggestions on how to most accurately obtain the EVGS score.

	EVGS Observation	Comments
Stance	Foot Initial Contact	Qualitative measurement.
Sagittal Video	Heel Lift	Qualitative measurement.
	Maximum Ankle Dorsiflexion	Quantitative measurement. Scan entire stance phase to find the maximum dorsiflexion. Be sure to measure the ankle dorsiflexion even if a flat foot is present. The angle for assigning EVGS is the red angle in the illustration subtracted from 90° (i.e., 0° degrees of dorsiflexion is a 90° degree tibia-foot angle).
	Knee Position at Initial Contact	<b>Quantitative measurement.</b> The angle for assigning EVGS is the red angle in the illustration.
	Peak Knee Extension in Stance	Quantitative measurement. Scan entire stance phase to find the peak knee extension, or smallest red angle in the illustration. The angle for assigning EVGS is the red angle in the illustration.
	Peak Hip Extension	Quantitative measurement. Scan entire stance phase to find the peak hip extension, or smallest red angle in the illustration. The angle for assigning EVGS is the red angle in the illustration.
	Pelvic Rotation in Mid-Stance	Qualitative measurement. As this is a transverse plane measurement obtained from sagittal video, it is impossible to annotate an angle on the screen. Estimate the pelvic rotation visually. If the sacral marker and tape can be visualized symmetrically on both the right sagittal and left sagittal video, significant pelvic rotation is unlikely.
	Peak Trunk Position	Quantitative measurement. Scan entire stance phase to find the peak trunk position, or largest deviation of the red angle from 90 degrees. The angle for assigning EVGS is the red angle in the illustration subtracted from 90°.

	EVGS Observation	Comments
Swing Sagittal Video	Foot Clearance	Qualitative measurement. An EVGS 2 score can be assigned to both no foot clearance ("none") and reduced clearance where a high step compensation is present ("Reduced Clearance and High Steps Present").
	Maximum Ankle Dorsiflexion	Quantitative measurement. Scan entire swing phase to find the maximum dorsiflexion. The angle for assigning EVGS is the red angle in the illustration subtracted from 90° (i.e., 0° degrees of dorsiflexion is a 90° degree tibia-foot angle).
	Peak Knee Flexion	Quantitative measurement. Scan entire swing phase to find the maximum knee flexion angle. The angle for assigning EVGS is the red angle in the illustration.
	Peak Hip Flexion	<b>Quantitative measurement.</b> Scan entire swing phase to find the maximum hip flexion angle. The angle for assigning EVGS is the red angle in the illustration.
Stance Coronal Front Video	Maximum Trunk Lateral Shift	Quantitative measurement. Scan the entire stance phase to find the maximum lateral trunk shift. Though the EVGS score is a qualitative assessment, the displacement can be quantified as the distance between the vertical red (half way between shoulders) and vertical black lines (midpelvis).
	Pelvic Obliquity in Mid-Stance	Quantitative measurement. The angle for assigning EVGS is the red angle in the illustration.
	Knee Progression Angle	<b>Quantitative measurement.</b> The angle for assigning EVGS is the red angle in the illustration.
	Foot Progression Angle	Quantitative measurement. The angle for assigning EVGS is the red angle in the illustration subtracted from the knee progression angle.
Stance Coronal Back Video	Hindfoot Position	<b>Quantitative measurement.</b> Though the EVGS score is a qualitative assessment, the hindfoot position can be quantified by the red angle in the illustration.

#### **References:**

- 1. Read HS, Hazlewood ME, Hillman SJ, Prescott RJ, Robb JE. Edinburgh visual gait score for use in cerebral palsy. *J Pediatr Orthop*. 2003;23(3):296-301
- 2. Rathinam C, Bateman A, Peirson J, Skinner J. Observational gait assessment tools in paediatrics--a systematic review. *Gait Posture*. 2014;40(2):279-285.

### Stance: Right Foot & Ankle

Right Sagittal Video	Foot Initial Contact	Heel Lift	Maximum Ankle Dorsiflexion
Angle			Dorsiflexion Plantarflexion
EVGS 0	☐ Heel Contact	□ Normal – Between opposite foot level to floor and opposite foot initial contact	☐ Normal: 5° DF - 25° DF
EVGS 1	☐ Flatfoot Contact – Simultaneous contact heel and toe	☐ Early — Before opposite foot level to floor ☐ Delayed — With or after	☐ Increased Dorsiflexion: 26° DF - 40° DF
		opposite foot level to floor  ☐ No forefoot contact	10° pF to 4° DF  ☐ Excessive Dorsiflexion:
EVGS 2	☐ Toe contact	☐ No forefoot contact ☐ No heel contact	>40° DF  Marked Plantarflexion: >10° pF

### Stance: Right Knee

Right Sagittal Video	Knee Position at Initial Contact			e Extension tance
Angle	Flexion	Extension	Flexion	Extension
EVGS 0	☐ Normal: 5° - 15° Flex		☐ Normal: 0° - 15° Flo	ex
EVGS 1	☐ Moderate Flexion: 16° - 30° Flex☐ Moderate Extension: 4° Flex - 10° Ext		☐ Moderate Flexion: 1	
EVGS 2	☐ Severe Flexion: > 30° Flex		☐ Severe Flexion: > 25	° Flex
	☐ Severe Hyper-Ext	ension: >10° Ext	☐ Severe Hyper-Extens	sion: >10° Ext

### Stance: Right Hip, Pelvis, & Trunk

Right Sagittal Video	Peak Hip Extension	Pelvic Rotation at Mid-Stance	Peak Trunk Position
Angle	Flexion Extension	Protraction Retraction	Forward Backward
EVGS 0	☐ Normal: 0° - 20° Ext	☐ Normal: 5° retraction - 10° protraction	☐ Normal Upright: 5° forward - 5° backward
EVGS 1	☐ Moderate Flexion: 1° - 15° Flex	☐ Moderate Retraction: 6° - 15° retraction	☐ Moderate Forward Lean: 6° - 15° forward
☐ Moderate Hyper- Extension: 21° - 35° Ext		☐ Moderate Protraction: 11° - 20° protraction	☐ Moderate Backward Lean: >5° backwards
Severe Flexion:> 15° Flex		☐ Marked Retraction: > 15° retraction	☐ Marked Forward Lean:
LVGJZ	☐ Severe Hyper-Extension: >35° Ext	☐ Marked Protraction: >20° protraction	>15° forward

### **Swing:** Right Foot & Ankle

Right Sagittal Video	Foot Clearance	Maximum Ankle Dorsiflexion
Angle		Dorsiflexion Plantarflexion
EVGS 0	☐ Full Clearance – No contact of foot with floor	☐ Normal: 15° DF - 5° pF
EVGS 1	☐ Reduced Clearance and No High Steps – Shortened but present period of foot clearance. No	☐ Increased Dorsiflexion: 16° - 30° DF
2 7 03 1	excessive hip and knee flexion to clear foot.	☐ Moderate Plantarflexion: 6° - 20° DF
EVGS 2	☐ Reduced Clearance and High Steps Present — Shortened but present period of foot clearance. Excessive hip and knee flexion to clear foot present.	☐ Excessive Dorsiflexion: >30° DF
	☐ None – Continuous contact between foot and floor	☐ Marked Plantarflexion: >20° pF

### **Swing:** Right Knee & Hip

Right Sagittal Video	Peak Knee Flexion	Peak Hip Flexion
Angle	Flexion Extension	Flexion Extension
EVGS 0	☐ Normal: 50° - 70° Flex	☐ Normal: 25° - 45° Flex
EVGS 1	☐ Moderately Increased: 71° - 85° Flex☐ Moderately Reduced: 35° - 49° Ext	☐ Increased: 46° - 60° Flex ☐ Reduced: 10° - 24° Ext
EVGS 2	☐ Severely Increased: > 85° Flex ☐ Severely Reduced: <35° Flex	☐ Marked Increase: > 60° Flex ☐ Severely Reduced: <10° Flex

#### Stance: Left Foot & Ankle

Left Sagittal Video	Foot Initial Contact	Heel Lift	Maximum Ankle Dorsiflexion
Angle			Dorsiflexion Plantarflexion
EVGS 0	☐ Heel Contact	□ Normal – Between opposite foot level to floor and opposite foot initial contact	☐ Normal: 5° DF - 25° DF
EVGS 1	☐ Flatfoot Contact – Simultaneous contact heel and toe	☐ Early — Before opposite foot level to floor ☐ Delayed — With or after opposite foot level to floor	☐ Increased Dorsiflexion: 26° DF - 40° DF ☐ Decreased Dorsiflexion: 10° pF to 4° DF
EVGS 2	☐ Toe contact	☐ No forefoot contact ☐ No heel contact	☐ Excessive Dorsiflexion:  >40° DF  ☐ Marked Plantarflexion:  >10° pF

### Stance: Left Knee

Left Sagittal Video	Knee Position at Initial Contact			Extension
Angle	Flexion	Extension	Flexion	Extension
EVGS 0	□ Normal: 5° - 15° Flex		☐ Normal: 0° - 15° Flex	<
EVGS 1	☐ Moderate Flexion: 16° - 30° Flex		☐ Moderate Flexion: 16	
	☐ Moderate Extension: 4° Flex - 10° Ext		☐ Moderate Hyper-Exte	nsion: 1° Ext - 10° Ext
EVGS 2	☐ Severe Flexion: > 30° Flex		☐ Severe Flexion: > 25°	Flex
	☐ Severe Hyper-Ext	ension: >10° Ext	☐ Severe Hyper-Extension	on: >10° Ext

### Stance: Left Hip, Pelvis, & Trunk

Left Sagittal Video	Peak Hip Extension	Pelvic Rotation at Mid-Stance	Peak Trunk Position
Angle	Flexion Extension	Protraction Retraction	Forward Backward
EVGS 0	☐ Normal: 0° - 20° Ext	☐ Normal: 5° retraction - 10° protraction	☐ Normal Upright: 5° forward - 5° backward
EVGS 1	☐ Moderate Flexion: 1° - 15° Flex	☐ Moderate Retraction: 6° - 15° retraction	☐ Moderate Forward Lean: 6° - 15° forward
EVGSI	☐ Moderate Hyper- Extension: 21° - 35° Ext	☐ Moderate Protraction: 11° - 20° protraction	☐ Moderate Backward Lean: >5° backwards
EVGS 2	☐ Severe Flexion:> 15° Flex	☐ Marked Retraction: > 15° retraction	☐ Marked Forward Lean:
LVG3Z	☐ Severe Hyper-Extension: >35° Ext	☐ Marked Protraction: >20° protraction	>15° forward

# Swing: Left Foot & Ankle

Left Sagittal Video	Foot Clearance	Maximum Ankle Dorsiflexion
Angle		Dorsiflexion Plantarflexion
EVGS 0	☐ Full Clearance – No contact of foot with floor	☐ Normal: 15° DF - 5° pF
EVGS 1	☐ Reduced Clearance and No High Steps – Shortened but present period of foot clearance. No excessive hip and knee flexion to clear foot.	☐ Increased Dorsiflexion: 16° - 30° DF  ☐ Moderate Plantarflexion: 6° - 20° DF
EVGS 2	☐ Reduced Clearance and High Steps Present — Shortened but present period of foot clearance. Excessive hip and knee flexion to clear foot present.	☐ Excessive Dorsiflexion: >30° DF
	☐ None – Continuous contact between foot and floor	☐ Marked Plantarflexion: >20° pF

### **Swing**: Left Knee & Hip

Left Sagittal Video	Peak Knee Flexion	Peak Hip Flexion
Angle	Flexion Extension	Flexion Extension
EVGS 0	☐ Normal: 50° - 70° Flex	☐ Normal: 25° - 45° Flex
EVGS 1	☐ Moderately Increased: 71° - 85° Flex☐ Moderately Reduced: 35° - 49° Ext	☐ Increased: 46° - 60° Flex ☐ Reduced: 10° - 24° Ext
EVGS 2	☐ Severely Increased: > 85° Flex☐ Severely Reduced: <35° Flex☐	☐ Marked Increase: > 60° Flex ☐ Severely Reduced: <10° Flex

### Stance: Right Trunk & Pelvis

Coronal Front Video	Maximum Trunk Lateral Shift	Pelvic Obliquity at Mid-Stance		
Angle		Stance Up Stance Down		
EVGS 0	☐ Normal: Less than 25mm lateral trunk displacement	☐ Normal: 0° - 5° Stance Side Up		
EVGS 1	☐ Moderate lateral shift ☐ Reduced lateral shift	☐ Moderate Up: 6° - 15° Stance Side Up ☐ Moderate Down: 1° - 10° Stance Side Down		
EVGS 2	☐ Marked lateral shift	☐ Marked Up: >15° Stance Side Up ☐ Marked Down: >10° Stance Side Down		

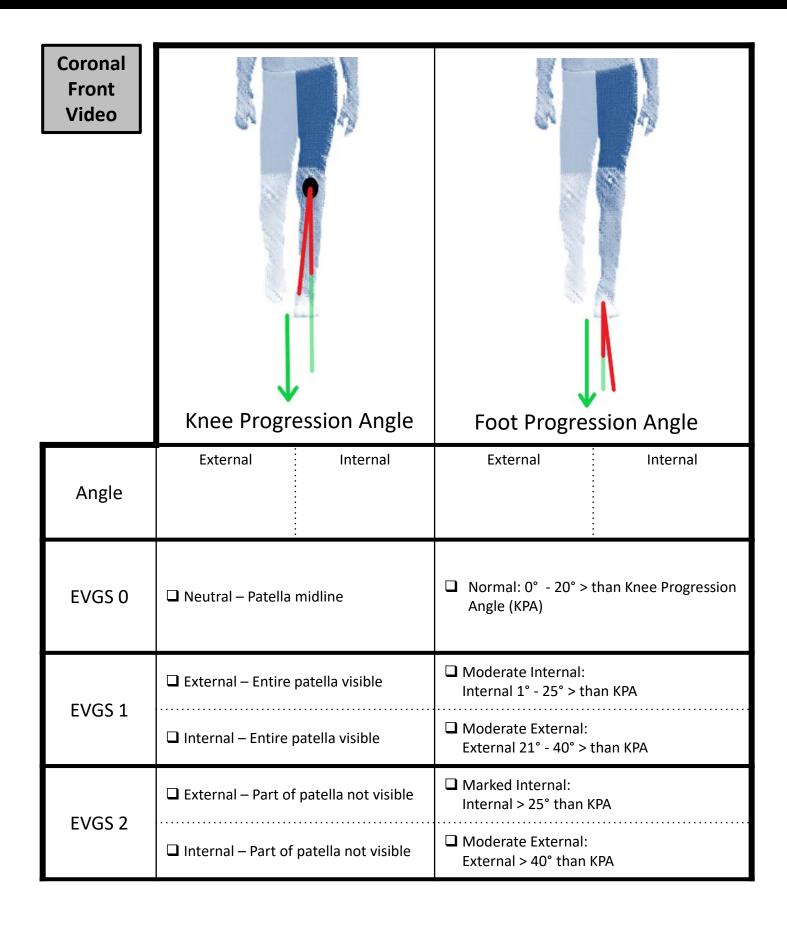
### Stance: Right Knee and Foot

Coronal Front Video	Knee Progression Angle	Foot Progression Angle		
Angle	External Internal	External Internal		
EVGS 0	☐ Neutral – Patella midline	☐ Normal: 0° - 20° > than Knee Progression Angle (KPA)		
☐ External – Entire patella visible		☐ Moderate Internal: Internal 1° - 25° > than KPA		
EVGS 1 Internal – Entire patella visible		☐ Moderate External: External 21° - 40° > than KPA		
EVGS 2	☐ External – Part of patella not visible	☐ Marked Internal: Internal > 25° than KPA		
EVGS Z	☐ Internal – Part of patella not visible	☐ Moderate External: External > 40° than KPA		

### Stance: Left Trunk & Pelvis

Coronal Front Video	Maximum Trunk Lateral Shift	Pelvic Obliquity at Mid-Stance		
Angle		Stance Up	Stance Down	
EVGS 0	☐ Normal: Less than 25mm lateral trunk displacement	☐ Normal: 0° - 5° Sta	ance Side Up	
	☐ Moderate lateral shift	☐ Moderate Up: 6° - 15° Stance Side Up		
EVGS 1	☐ Reduced lateral shift	☐ Moderate Down: 1° - 10° Stance Side Down		
EVGS 2	☐ Marked lateral shift	☐ Marked Up: >15° Stance Side Up		
L V G J Z	— Marked lateral silite	☐ Marked Down: >10° Stance Side Down		
TOTAL				

#### Stance: Left Knee and Foot



### Stance: Hindfoot

Coronal Rear Video  Left Hindfoot		Right Hindfoot		
Angle	Valgus Varus	Valgus Varus		
EVGS 0	☐ Neutral/slight valgus	☐ Neutral/Slight Valgus		
☐ Moderate valgus  EVGS 1		☐ Moderate valgus		
☐ Mild varus		☐ Mild varus		
EVGS 2	☐ Severe valgus	☐ Severe valgus		
	☐ Severe varus	☐ Severe varus		

# mOGA Right

	EVGS Observation	Angle Measurement		EVGS Score	Body Segment
	Foot Initial Contact				Foot
	Heel Lift				Foot
	Maximum Ankle Dorsiflexion	DF	PF		Ankle
Stance	Knee Position at Initial Contact	Flex	Ext		Knee
Sagittal Video	Peak Knee Extension in Stance	Flex	Ext		Knee
	Peak Hip Extension	Flex	Ext		Hip
	Pelvic Rotation in Mid-Stance	Pro	Ret		Pelvis
	Peak Trunk Position	Forw	Back		Trunk
	Foot Clearance				Foot
Swing Sagittal	Maximum Ankle Dorsiflexion	DF	PF		Ankle
Video	Peak Knee Flexion	Flex	Ext		Knee
	Peak Hip Flexion	Flex	Ext		Hip
6.	Maximum Trunk Lateral Shift				Trunk
Stance Coronal	Pelvic Obliquity in Mid-Stance	Up	Down		Pelvis
Front Video	Knee Progression Angle	Ext	Int		Knee
	Foot Progression Angle	Ext	Int		Foot
Stance Coronal Back Video	■ Hindfoot Position		Var		Foot

EVGS Right

Foot Subtotal	Ankle Subtotal	Knee Subtotal	Hip Subtotal	Pelvis Subtotal	Trunk Subtotal

# mOGA Left

	EVGS Observation	Angle Measurement		EVGS Score	Body Segment
	Foot Initial Contact				Foot
	Heel Lift				Foot
	Maximum Ankle Dorsiflexion	DF	PF		Ankle
Stance	Knee Position at Initial Contact	Knee Position at Initial Contact Flex			Knee
Sagittal Video	Peak Knee Extension in Stance	Flex	Ext		Knee
	Peak Hip Extension	Flex	Ext		Hip
	Pelvic Rotation in Mid-Stance	Pro	Ret		Pelvis
	Peak Trunk Position Forw Back		Back		Trunk
	Foot Clearance				Foot
Swing Sagittal	Maximum Ankle Dorsiflexion	DF	PF		Ankle
Video	Peak Knee Flexion	Flex	Ext		Knee
	Peak Hip Flexion	Flex	Ext		Hip
Change	Maximum Trunk Lateral Shift				Trunk
Stance Coronal	Pelvic Obliquity in Mid-Stance	Up	Down		Pelvis
Front Video	Knee Progression Angle	Ext	Int		Knee
	Foot Progression Angle	Ext	Int		Foot
Stance Coronal Back Video	HINGTOOT POSITION		Var		Foot

EVGS Left

Foot Subtotal	Ankle Subtotal	Knee Subtotal	Hip Subtotal	Pelvis Subtotal	Trunk Subtotal