

the

children's

hospital at Westmead



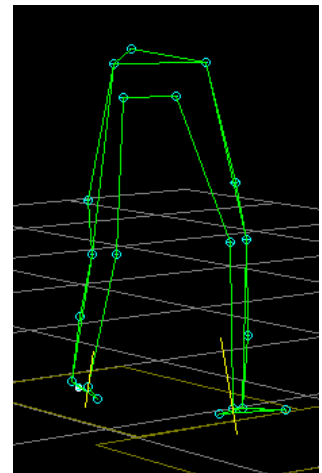
GAIT ANALYSIS at the Paediatric Gait Analysis Service of NSW

Information for the Child and Family

Walking is a complex physical activity. Analysing walking patterns using observational and clinical assessment alone can often be difficult. Computerised three-dimensional gait analysis provides comprehensive data describing the biomechanics of human gait, thereby providing a better understanding of your child's function.

The detailed information provided by the service can be used to:

- determine the most appropriate course of treatment for your child.
- document the way your child walks for future comparisons



Where do you go?

We are located in the Kid's Research Institute at the Children's Hospital Westmead. Please go to the **Enquiries Desk** in the foyer of The **Children's Hospital Westmead** (see attached map) and ask them to page on pager number 7129. One of the staff will then meet you here and take you to the Gait Lab.

How long will it take?

Gait analysis will take between 3 to 4 hours, depending on the different analyses requested by your doctor and how comfortable your child is with the process. Please reassure your child that his/her visit to the laboratory can be fun and does not consist of anything painful. There are times during the trial where your child will be able to rest and have breaks, so you might like to bring something along to occupy your child.

What happens during the appointment?

- **Physical examination**

Your child's leg muscle lengths and strengths will be measured first using a goniometer and the muscles of our physiotherapists.

- **Gait measurement**

Your child's gait will be measured by attaching small reflective markers to specific positions on your child's legs and pelvis. Your child will then be asked to walk across the laboratory several times. Activation patterns of the leg muscles may also be measured by placing sensors over selected muscles. This process is also done with AFOs if your child uses them during walking.



Dressing for the occasion

It will be necessary for your child to wear minimal clothing during the gait analysis session. For boys, it is recommended that a racing style swimsuit be worn. For girls, a 2 piece swim suit is recommended.

Where do the results go?

Following your child's gait analysis appointment, the results will be reviewed and a report will be sent to your referring doctor. Your doctor will explain the findings of the gait analysis with you at your next appointment with them.

If you have any questions please contact me on the number listed below. We are looking forward to meeting both you and your child when you come to the Gait Lab.

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