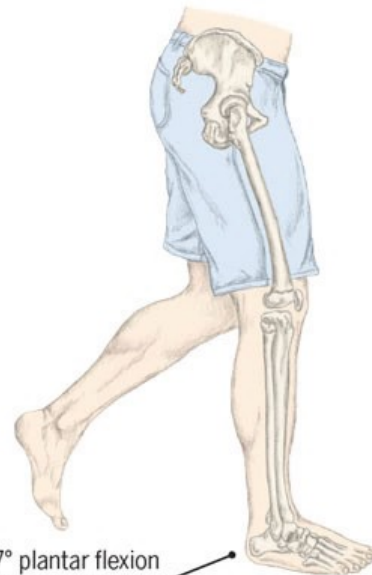


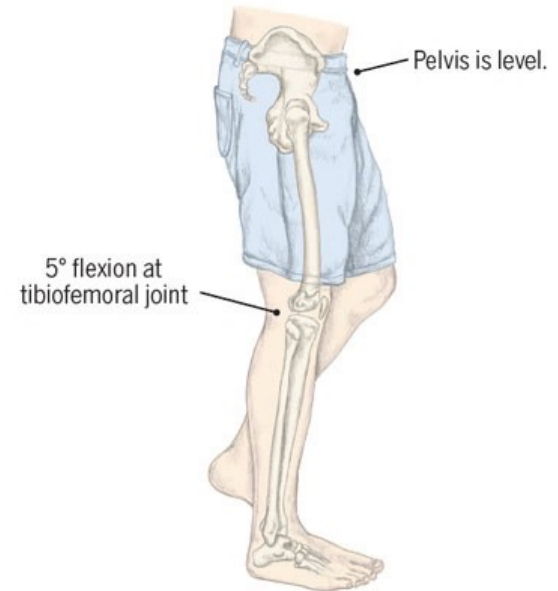
25°–30° flexion at hip joint

**Heel strike.** Heel of the foot strikes the ground; anterior rotation of the trunk toward the stance leg; 25° flexion of the hip; slight knee flexion.



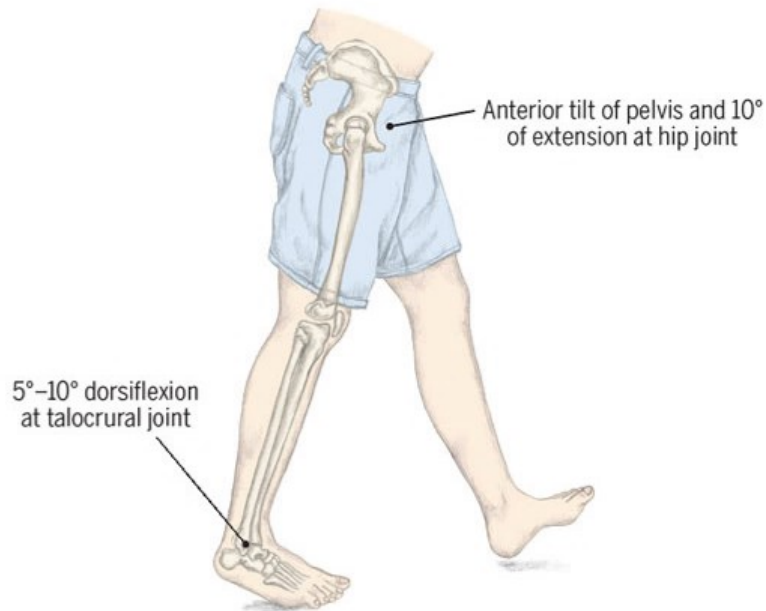
5°–7° plantar flexion at talocrural joint

**Foot flat.** Entire foot in contact with the ground; hip begins to extend with 20° of knee flexion; slight plantar flexion of the foot.



5° flexion at tibiofemoral joint

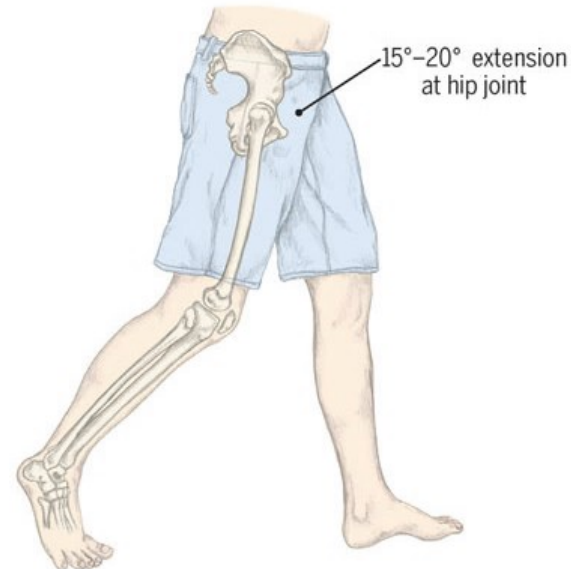
**Midstance.** Body passes over stance leg; neutral pelvis and trunk; knee and hip extended; ankle begins to plantar flex to accelerate.



Anterior tilt of pelvis and 10° of extension at hip joint

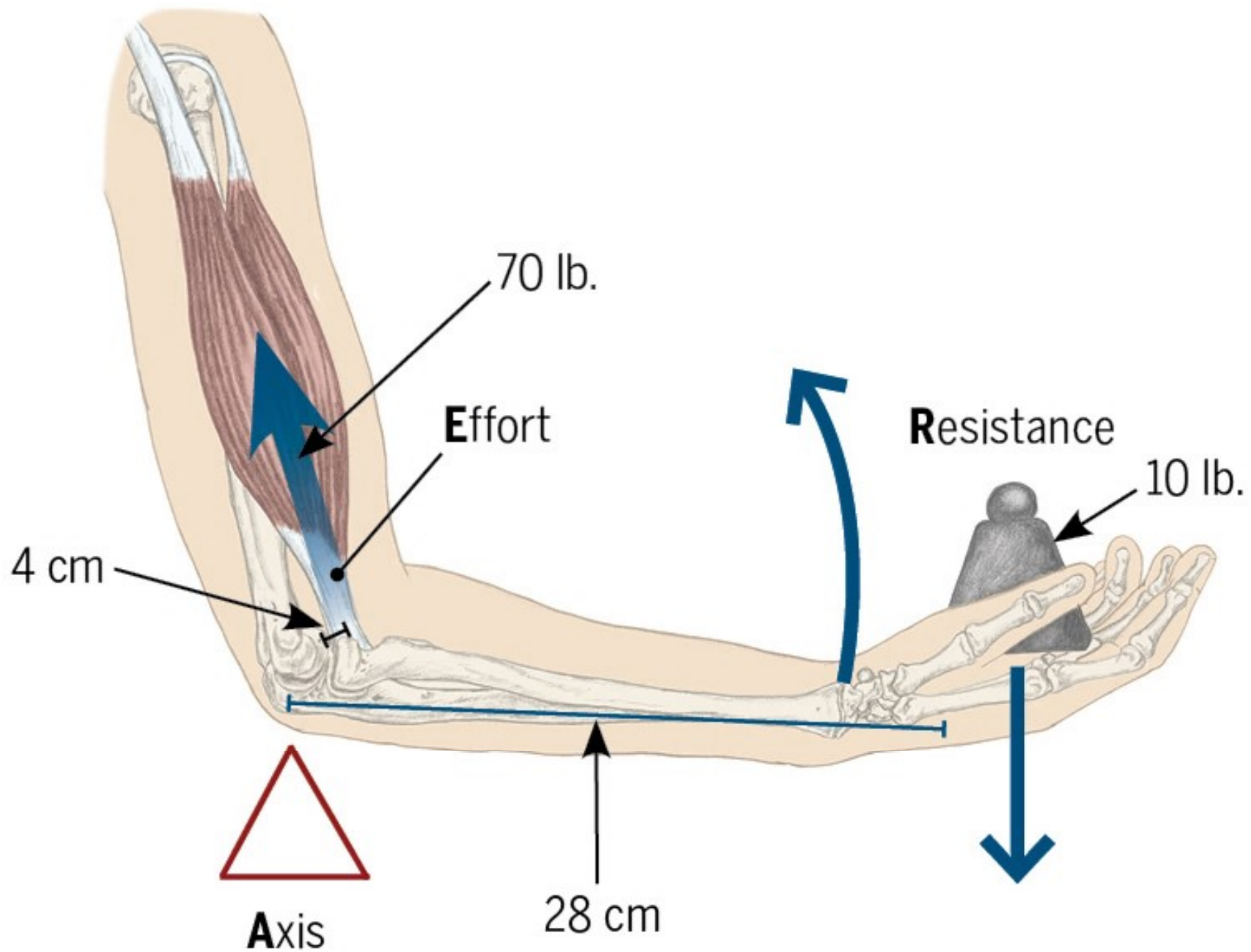
5°–10° dorsiflexion at talocrural joint

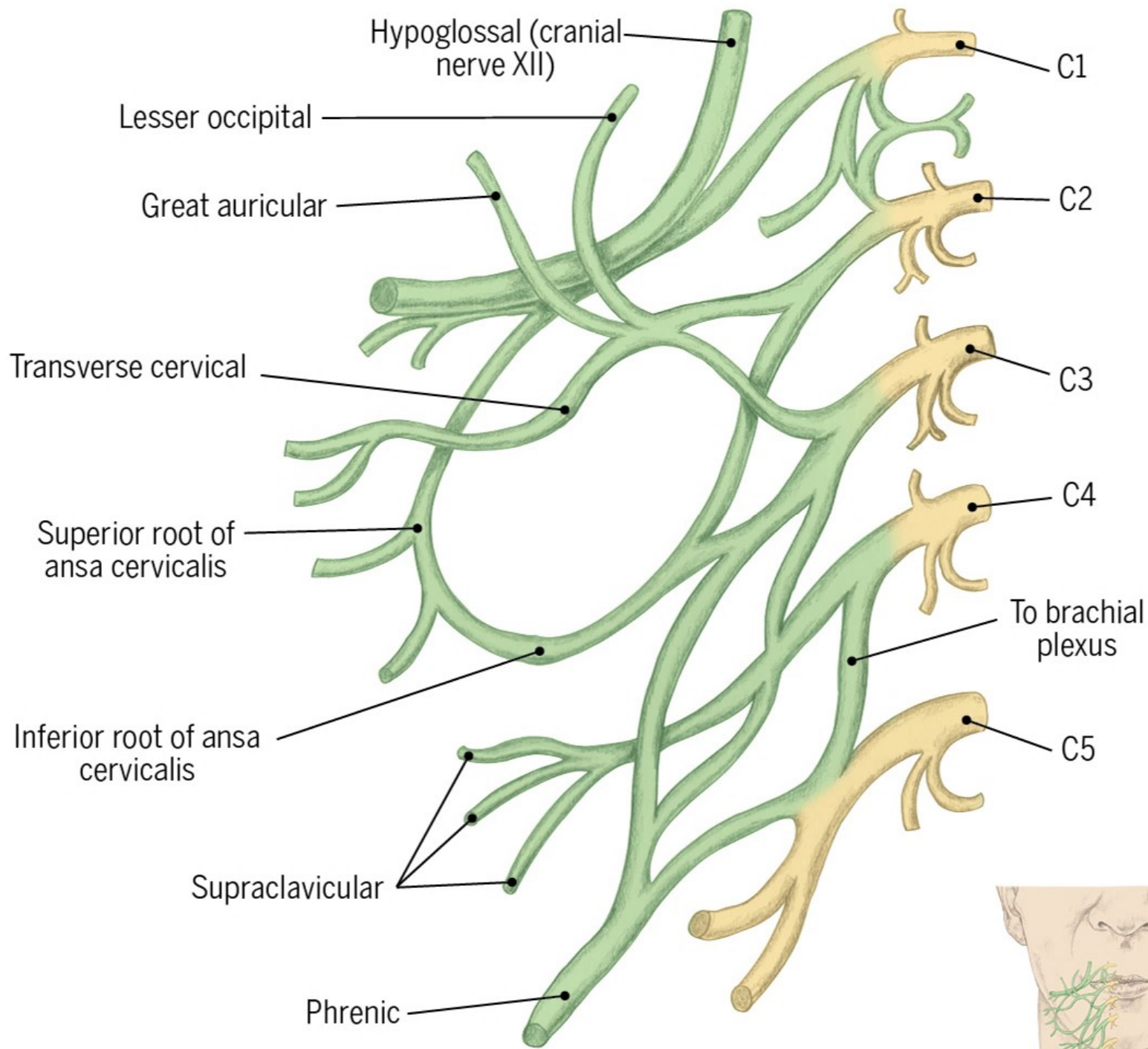
**Heel-off.** Heel rises from ground surface; pelvis and trunk rotate away from stance leg (advancing the opposite leg); knee and hip are extended; rapid ankle plantar flexion (propulsion).



15°–20° extension at hip joint

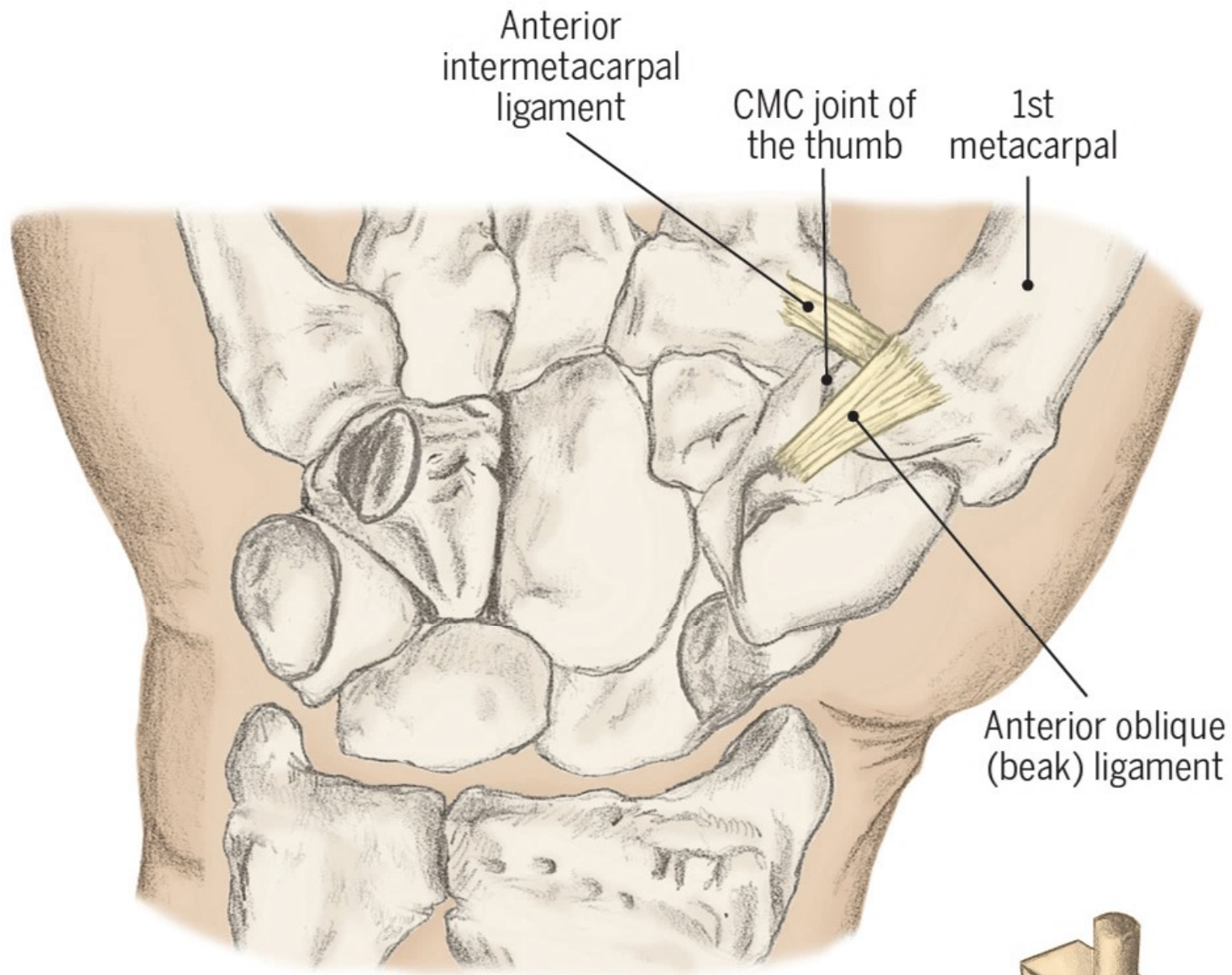
**Toe-off.** End of propulsion and stance phase; hip and knee begin to flex; slight ankle plantar flexion.





Anterior view





*Volar view of right wrist*

