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.

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

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

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).

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