


Gait Trans-Tibial Amputee



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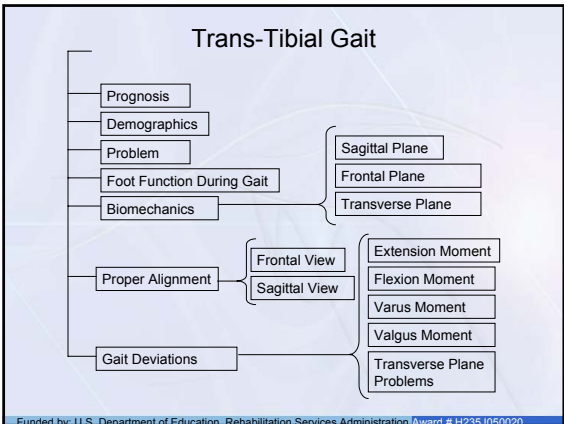
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Objectives

After reviewing this material, the reader will be able to:

- Describe favorable/typical trans-tibial prosthetic alignment
- Identify trans-tibial gait deviations in all 3 anatomic planes
- Discuss the effects of trans-tibial gait deviations on the user
- Identify prosthetic and amputee causes of deviations

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Prognosis

- Trans-tibial prosthesis users
 - In the absence of severe comorbidities
- Tend to have prognoses favoring pre-morbid activity
- It is reasonable to expect return to most activities



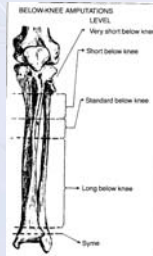
Courtesy of Otto Bock Health Care

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Demographics

When toe amputation is not considered:

- Trans-tibial amputation is most represented level of limb loss:
 - 45% trans-tibial followed closely by
 - 40% trans-femoral then steep drop to
 - <10% below elbow (UE) at 3rd most represented level



Northwestern University
Prosthetic Orthotic Ctr

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Problem

With trans-tibial amputation:

- The leg is not lost
 - Some portion of the leg is lost but
 - most muscles acting on the knee are present
- The **foot** is lost



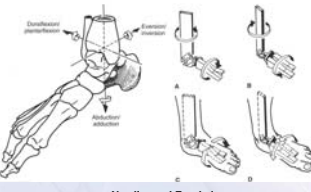
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Functions of the Foot During Gait:

Sensory feedback about

- Surface
 - Level/ slope
 - Compliance
 - Texture
- Body Information
 - Position
 - Ground reaction line
- Shock attenuation
 - through numerous joints
 - Intrinsic muscles
 - Extrinsic muscles
 - Ligaments
- Propulsion
 - Winlass mechanism
 - Muscular tension & contraction



Nordin and Frankel

A prosthetic foot serves to mechanically replicate these functions

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Biomechanics: The Basics

There are 5 phases of Stance

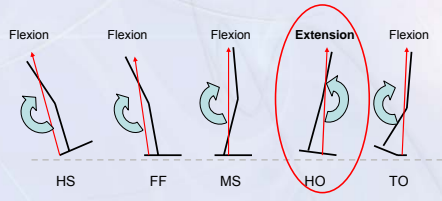
1. Initial Contact/Heel Strike (HS)
2. Loading Response/Foot Flat (FF)
3. Mid-stance (MS)
4. Terminal Stance/ Heel Off (HO)
5. Pre-Swing/ Toe Off (TO)

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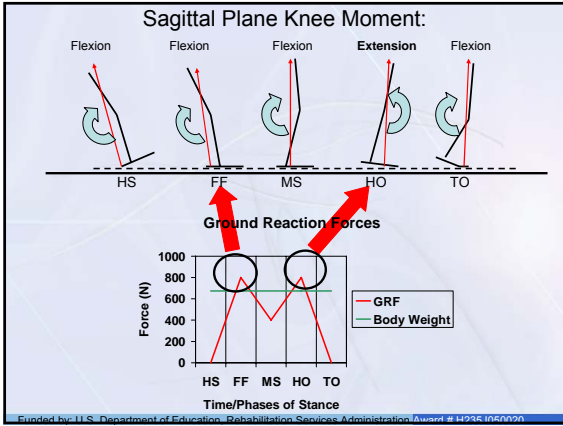
Sagittal Plane

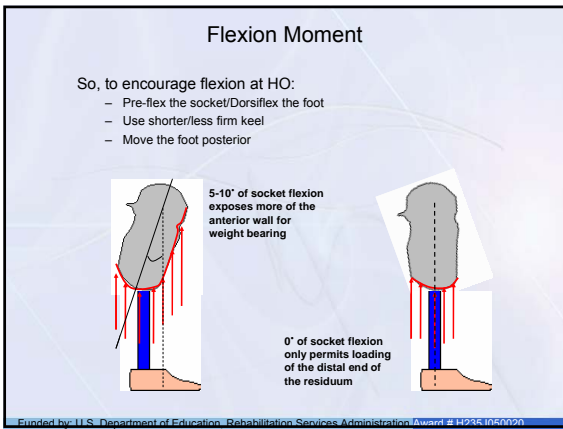
With regard to the anatomic *knee* during *normal* gait, where is the ground reaction force (GRF) vector during the 5 phases of stance?

In normal locomotion, there is an extension moment at the knee at Heel Off



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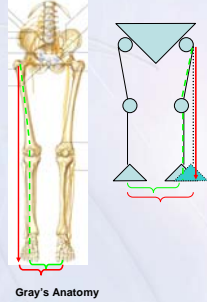
Flexion Moment

- In trans-tibial gait, a **flexion moment is desired** in all phases of stance
 - From HS to FF, flexion will dampen shock & smooth out COM rise/fall
 - As in normal gait
- An **extension moment at HO**
 - Would likely be uncomfortable to tight, posterior structures
 - Can alter the duration of the prosthetic stance phase
 - Can cause gait deviations
- To align for an **extension moment** at HO,
 - Stance flexion may be interrupted
 - Shock attenuation may then be compromised

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Frontal Plane

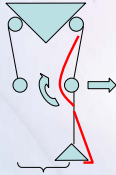
- In normal anatomy:
 - Femur is ADDucted causing
 - Valgus knee alignment
- Valgus Knee Anatomically
 - Decreases BOS
 - Requires less lateral shift
 - To position COM over BOS
 - Less energy expenditure
 - Is controlled with muscle...



Gray's Anatomy

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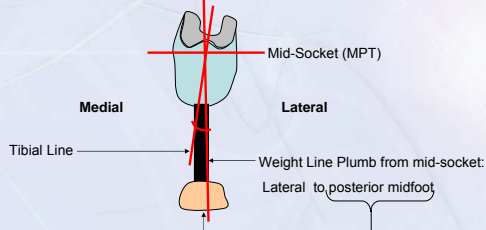
- Muscles that *normally* check Valgus include:
 - Knee:
 - Pes Anserinus
 - Semitendinosus
 - Gracilis
 - Ankle:
 - Peroneal Group (Eversion)



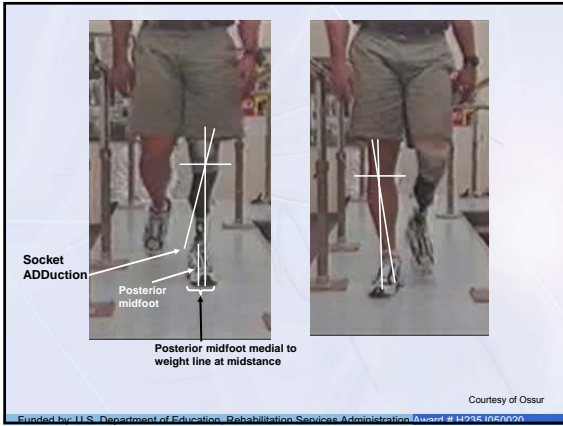
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- Prosthetically-
 - Slight varus is desired
 - Socket is ADDucted on pylon
 - Foot is inset
 - relative to weight line passing through Mid-Socket

Posterior View of a Right Prosthesis:



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Varus Moment

Slight varus moment at midstance is the goal

- Slight Varus moment
- Is comfortably tolerated
- Stresses the tough lateral co-lateral knee ligament (LCL)
 - As opposed to the thinner medial co-lateral ligament (MCL)
 - & because muscular valgus restraint is disadvantaged
 - Tibia is not rigidly anchored to floor
 - Flexible interface material allows movement within the socket
 - No foot/ lower leg musculature stabilizing Tibia on Foot
- Narrows BOS/ increased gait efficiency

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Transverse Plane

- Socket fit will dictate its own transverse location on the limb
- Toe out is the other consideration
- Normal Toe out is $\approx 7^\circ$
- Toe out increases with increasing velocity

LOP

center of heel

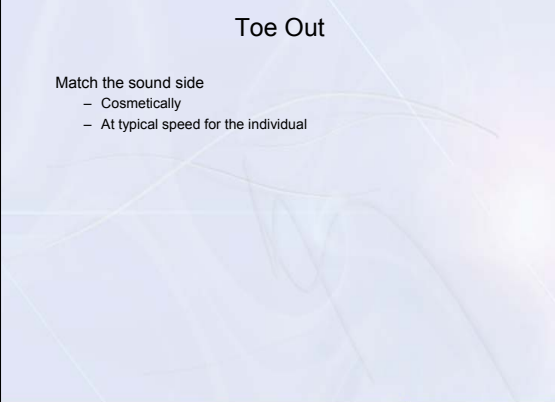
Bisect 2nd toe

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Toe Out

Match the sound side

- Cosmetically
- At typical speed for the individual

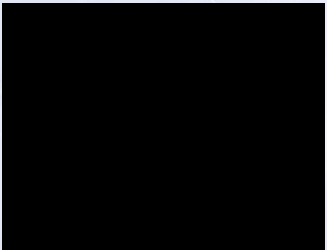


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Properly Aligned

Observe:

- All Planes
- Frontal:
 - Toe out
 - Slight Varus

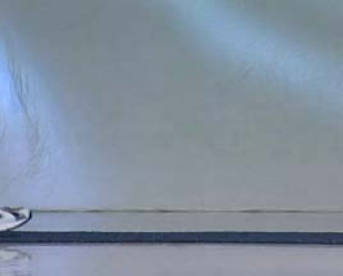


Courtesy of Oscar
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Properly Aligned

Observe:

- Sagittal:
 - Slight Flexion Moment



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Gait Deviations...

- Sagittal Plane:
 - Extension Moment
 - Flexion Moment
- Frontal Plane:
 - Varus Moment
 - Valgus Moment
- Transverse Plane:
 - Toe In
 - Toe Out

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Extension Moment

Extension moment during stance:

- Foot reaches stable foot flat too rapidly
 - Causes ground reaction force to advance anterior to knee
- Causes knee to extend as
 - Body mass progresses over the extended knee
- Uncomfortably stretches tight posterior structures:
 - Hamstrings
 - Joint capsule
 - Many amputees will have a contracture or posterior tightness

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Extension Moment

- May be early in Stance Phase
- May be late in Stance Phase
 - It depends on the cause...

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Extension Moment

Prosthetic-related causes:

- Heel too soft
- Socket too extended/ foot too plantar flexed
- Socket too far posterior/ foot too anterior

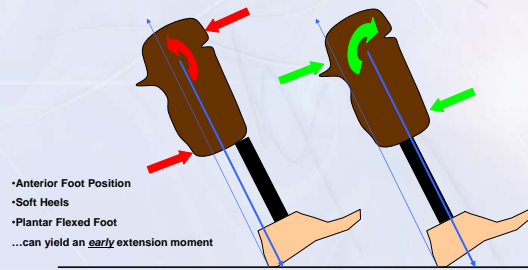
Patient-related causes:

- Excessive quadriceps activation
- Weak quadriceps
- Patient changed to a lower heeled shoe

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Extension Moment

- HS- Heel lever decreased with anterior foot
- Soft heels can effect ground reaction forces similarly

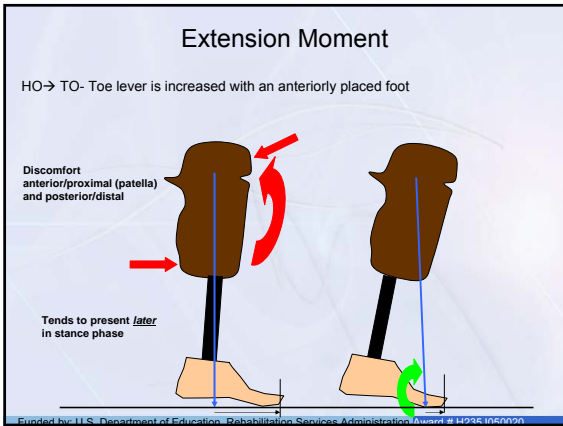


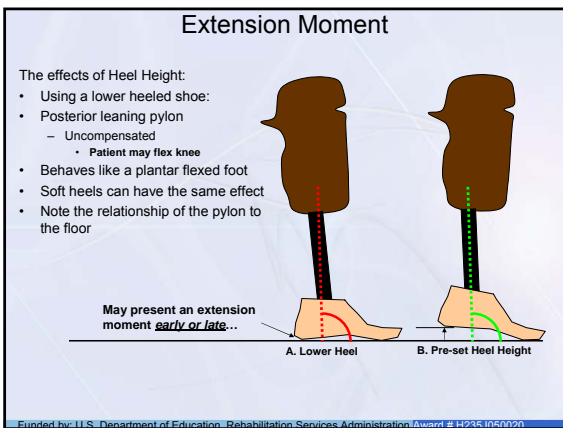
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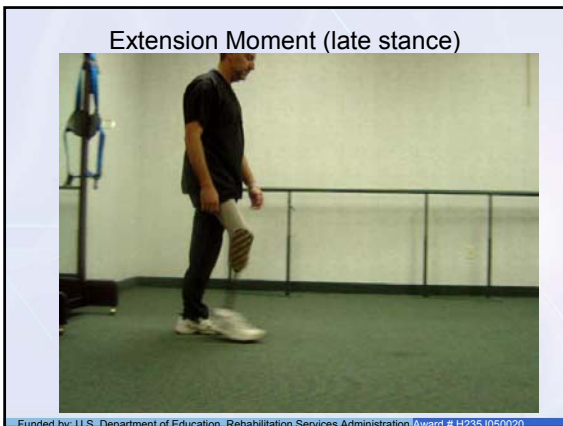
Extension Moment (early stance)



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Extension Moment: Unique, Foot Dependant Case: Foot Slap

- Single Axis (SA) foot
- The SA foot has anterior & posterior bumpers
- The posterior bumper acts as the dorsiflexor muscles
- To "eccentrically" plantar flex the foot at HS (or initial contact IC)



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Foot Slap

- If the posterior bumper is
 - too soft
 - worn out,
 - or is under insufficient compression,
- The foot will offer little resistance to plantar flexion at Heel Strike



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Foot Slap

- This causes the foot to reach foot flat too quickly generating an extension moment
- Sometimes making an audible "slap"



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Flexion Moment

- At HS- foot takes too long to reach foot flat
 - Knee buckles
- Ground reaction force falls posterior to the knee
- From HO through TO- there may be an insufficient toe lever
 - Premature loss of anterior support
 - Also known as "Falling off" or "Drop off"

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Flexion Moment

- May be early in Stance Phase
- May be late in Stance Phase
 - It depends on the cause...

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Flexion Moment

Prosthetic causes

1. Foot too far posterior/ socket too anterior
2. Foot too dorsiflexed/ socket too flexed
3. Heel too firm
4. Heel height too tall
5. Keel too short or soft

Patient-related causes

1. Weak knee extensors
2. Resolving flexion contracture causing excess socket flexion
3. Patient changed to higher heeled shoe

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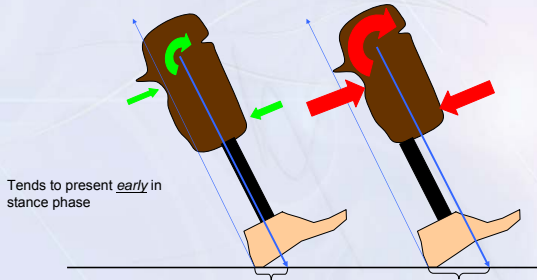
Flexion Moment

- Pressure anterior/distal
 - At the sensitive, cut end of the Tibia and
- Posterior/Proximal
 - Near the hamstring tendons

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Flexion Moment

- Posterior placed foot (anterior socket) increases heel lever
- Firm & high heeled shoes cause similar reactions

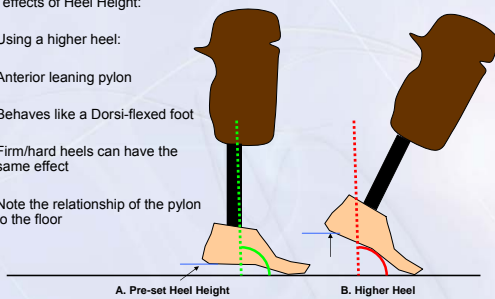


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Flexion Moment

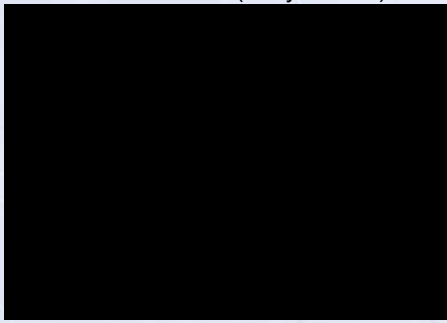
The effects of Heel Height:

- Using a higher heel:
- Anterior leaning pylon
- Behaves like a Dorsi-flexed foot
- Firm/hard heels can have the same effect
- Note the relationship of the pylon to the floor



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Flexion Moment (early stance)

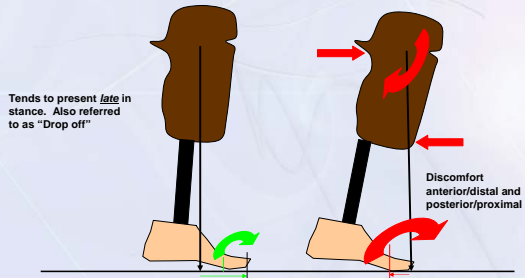


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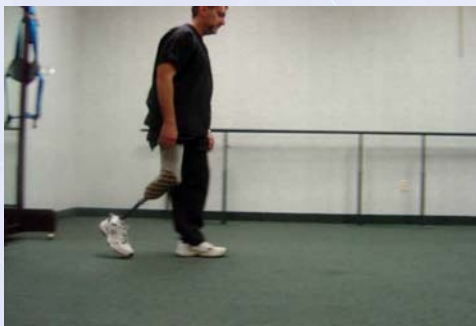
Flexion Moment

- From HO thru TO, a posteriorly placed foot
 - Decreases toe lever- minimizing anterior support
 - Short or soft Keel levers behave similarly



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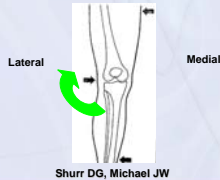
Flexion Moment (late stance)



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Valgus Moment

- Observed from the coronal plane at midstance
- GRF passes lateral to Knee's center of rotation (COR) in the frontal plane
- Distal Tibia rotates laterally relative to Femur



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Valgus Moment

- There are few muscles to resist Valgus forces
 - Remember, the peroneals are not intact
 - This leaves the pes anserine group
- Weaker ligaments to resist this motion:
- Medial (Tibial) Collateral Ligament (MCL)
 - MCL
 - Is thin & broad
 - Posterior Part is enmeshed into the knee's joint capsule
 - Attached to the medial meniscus
 - Originates at the medial epicondyle of the knee
 - Inserts medially/proximally on the Tibia
 - The MCL's anterior portion is tight in all positions
 - The posterior portion is loose in all positions but extension

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Valgus Moment

- Pressure is applied from interface to limb
- Proximal/lateral
 - Near the fibula head
- Distal Medial
 - Cut end of Tibia
- This alignment
 - is not generally comfortable
 - abnormally stresses the knee



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Valgus Moment

Prosthetic causes

1. Foot too outset/ socket too inset
2. Foot too Abducted (socket too ADDucted)
3. Prosthesis is too long
4. Socket is uncomfortable

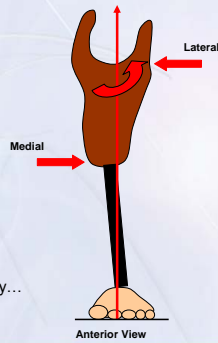
Patient-related causes

1. Tends to walk with wide base of support
2. Hip ABduction contracture
3. Structural Deformity

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Valgus Moment

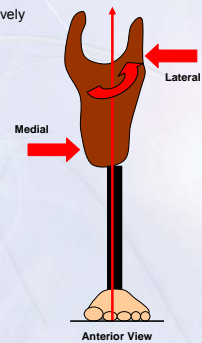
- Pressure is applied from interface to limb
- Proximal/lateral
 - Near the fibula head
- Distal Medial
 - Cut end of Tibia
- This alignment
 - is not generally comfortable
 - abnormally stresses the knee
- In this schematic, the socket is in excess ADDuction & the pylon is leaning medially...



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Valgus Moment

- In this schematic, the foot is outset excessively yet the pylon is vertical.
- Valgus forces can still be generated in the presence of a vertical pylon...



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Valgus Moment



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Varus Moment

- Observed from the coronal plane at midstance
- GRF passes Medial to Knee's COR in the frontal plane
- Distal Tibia rotates Medially relative to Femur
- Very few muscles to resist this rotation
- Strong, extracapsular ligament to resist this motion
- Lateral (Fibular) Colateral Ligament (LCL)
 - LCL
 - Is a thick, cord-like band
 - Originates at the lateral epicondyle of the knee
 - Inserts upon the fibula head
 - Separate & Free of the joint capsule
 - Taught in knee extension; loose all other positions



Shurr DO, Michael JW

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Varus Moment

- Pressure is applied from interface to limb
- Proximal/Medial
 - Depending on trimlines either:
 - Near the Vastus Medialis/Medial condyle (with Supracondylar trimlines)
 - Near the Medial Femoral Condyle or In the medial Tibial Flare (with standard Patella Tendon Bearing and lower trimlines)
- Distal Lateral
 - Cut end of Fibula- highly irritable

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Varus Moment

• This alignment

- is normal when in the appropriate quantity
- Stresses the more tolerant of the two collateral ligaments
 - LCL as opposed to the MCL
- Provides a narrow based gait
- Mimics normal gait
- If excess
 - Can irritate structures in the medial condylar area
 - Can irritate the distal cut end of the fibula if not sufficiently relieved

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Varus Moment

Prosthetic causes

- Foot too inset/ socket too outset
- Foot too ADDucted (socket too Abducted)
- Prosthesis is too short
- Socket is uncomfortable

Patient-related causes

- Tendency of a narrow-based gait
- ADDuctor tightness
- Other habit-type deviations such as circumduction may contribute



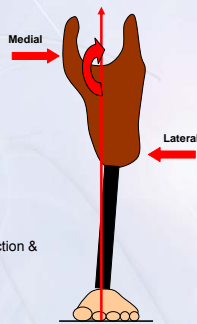
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Varus Moment

Pressure is applied from interface to limb

- Proximal/Medial
 - Near the Medial Femoral Condyle
 - Vastus Medialis Muscle
- Distal Lateral
 - Cut end of Fibula
- This alignment
 - is generally comfortable when appropriate
 - BUT can abnormally stress the knee
- In this schematic, the socket is in excess ABduction & the pylon is leaning laterally...

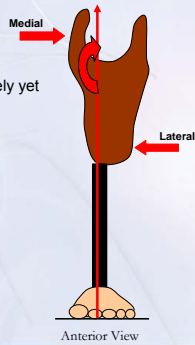


Anterior View

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Varus Moment

- In this schematic, the foot is inset excessively yet the pylon is vertical.
- Varus forces can still be generated in the presence of a vertical pylon...



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Varus Moment



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Excess Toe In

Foot asymmetry is most noticeable in the *coronal plane* (from foot flat to toe off)



Figure A depicts prosthetic stance and Figure B depicts sound side stance. Note the excess toe in of Figure A relative to Figure B.

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Excess Toe In

The associated gait deviation (if any) is most noticeable in the **sagittal plane** (typically a late stance extension moment)



Note the degree of knee extension as the person advances into toe off

though the problem is in the *transverse plane*...

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Excess Toe In

- Increasing the quantity of toe in effectively lengthens the foot.
- A longer toe lever can create a knee extension moment late in stance...



- If the deviation is not this severe, the excess Toe In will only be observed as an asymmetry relative to the other foot.

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Excess Toe In



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Excess Toe Out

Foot asymmetry is most noticeable in the *coronal plane* (from foot flat to toe off)



Figure A depicts prosthetic stance and Figure B depicts sound side stance. Note the excess toe out. It is quite a bit more noticeable than excess toe in. The associated deviation(s) are unique as well...

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Excess Toe Out

- Recall that the gait deviation generally associated with excess Toe in is noticeable in the *sagittal plane*. It is commonly seen in late stance as an extension moment. If it is not severe enough, then it will only be observed as an asymmetry in the frontal plane.
- With Excess Toe Out, the gait deviation(s) are two fold:
 - The toe lever is shortened so a **Flexion moment** may be appreciated (*sagittal plane*)
 - Medial support is lost as well (comparable to an outset foot) so a **Valgus moment** results (*coronal plane*)
- Remember, the underlying problem is in the *transverse plane*...

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Excess Toe Out

Compare Gait Deviations between **Toe In** vs **Toe Out**...

Toe In...

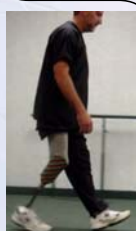


Note the degree of knee extension here with excess **Toe In**

Toe Out...



Note the Valgus Moment due to loss of medial support with Excess **Toe Out**



Note the degree of knee flexion here with Excess **Toe Out**

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Excess Toe Out

- Decreasing the quantity of Toe In effectively shortens the foot.
- A shorter toe lever can create a late flexion moment...

LOP

- Even though the root cause is in the transverse plane, this will be noticed in the sagittal plane. However...

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Excess Toe Out

In addition to the loss of toe length, there is a loss of Medial Support...

Lateral Aspect of Foot

Medial Aspect of Foot

- Even though the root cause is in the transverse plane, this will be noticed in the sagittal plane as a Valgus Knee Moment...

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Excess Toe Out

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Swing phase deviations

- While the majority of gait deviations in the trans-tibial prosthesis user are prosthetic stance deviations.
- Deviations do appear in prosthetic swing phase.
- Example...

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Swing phase deviations

- Poor suspension (scuffing toe, pistoning, rotating)
- If the prosthesis loses suspension and slips toward the floor when it is swinging forward, deviations may result.
- When the prosthesis is slipping, due to poor suspension, it is said to be "pistoning"



Dramatization of pistoning

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Swing phase deviations

- Pistoning can
 - Wear components
 - Cause tissue trauma
 - Cause deviations as the prosthesis is effectively longer
 - E.g. Vaulting, hip hiking



Vaulting is rising up on the sound side toe with plantar flexion

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Special Case: Prosthesis Joints & Corset

- Combining a prosthesis and orthosis yields a device called a **prosthesis**.
- Probably, the most common prosthesis is the Joints & Corset Design, trans-tibial prosthesis.



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Special Case: Prosthesis Joints & Corset (thigh cuff)

- It combines the foot replacement and socket interface typical of a trans-tibial prosthesis
- With orthotic knee joints and a thigh corset for load distribution...



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Special Case: Prosthesis Joints & Corset

- Mal-aligned side joints can cause problems with gait and other functions such as sitting.
 - In sitting, mal-aligned joints may cause the residual limb to be pulled out of the interface, rotated or cause other such complications
- Joints may be mal-positioned/ mal-aligned relative to
 - Anatomic knee center height or orientation in any of the cardinal planes or relative to one another
 - Deviations such as whips, not otherwise experienced with trans-tibial prostheses, may result
 - Tissue trauma & discomfort may result

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Special Case: Prosthesis Joints & Corset



- Video of individual with bilateral trans-tibial amputations and bilateral joint & corset check socket prostheses.
- In this case, no significant gait deviations are noted.

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Other Issues

- In trans-tibial gait, prosthetic users are often strong enough to influence the device as much as they may be influenced by the device.
- That is, a deviation may appear to be one problem but the user may be compensating.
- This may change with fatigue...

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Other Issues

- Many times, deviations are very subtle and may be visually undetectable during visual gait observation.
- The Clinician may have to rely on evaluation/inspection of
 - Patient/client reports or complaints
 - Skin redness
 - Shoe wear
 - Component wear
- **Deviations in this presentation are exaggerated for illustrative purposes. They are not necessarily indicative of the magnitude, extent or severity of TT gait deviations in all cases.**

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