

## **Abstract**

**Title:** Instrumental Gait Analysis in the ACL Patient

**Aim:** to present an up to date review on the topic of instrumental analysis of straight ahead gait on a plain surface (both over-ground and on a treadmill) in ACL patients (both deficient and reconstructed). A second aim is to introduce the clinician (especially in the field of physiotherapy/rehabilitation) to the topic of gait analysis and its specific use for the ACL patient.

**Methods:** a systematic review on the topic

**Results** The review answers the questions of what instrumentation, phases of gait and variables is best to use/measure for clinical purposes. It also identifies and discusses three main gait strategies used by ACL patients: quadriceps avoidance, knee stiffening, pivot shift avoidance.

**Keywords:** gait, analysis, walking, clinical, instrumental, anterior cruciate ligament, ACL, deficient, reconstruction, injury