Heel | Foot | Mid | Heel | Toe | Acceleration | Mid | Deceleration
---|---|---|---|---|---|---|---
0% | 10% | 30% | 50% | 60% | 70% | 80% | 100%

Initial | Loading | Mid | Terminal | Pre | Initial | Mid | Terminal

Contact | Response | Stance | Stance | Swing | Swing | Swing | Swing

OPPOSITE | Heel | Rise | Opposite | Toe | Off | Feet | Adjacency | Tibia | Vertical | Next Initial | Contact

STANCE PHASE | SWING PHASE

Weight Acceptance | Single - Limb Support | Limb Advancement

Initial | Single | Final | Double | Double

Support | Support | Support

Foot in Supination | Foot in Pronation | Foot in Neutral | Foot in Supination

Heel | Ankle | Forefoot Rocker

ROCKER | ROCKER

Dorsiflexors | Dorsiflexors | Plantarflexors | Plantarflexors | Plantarflexors | Dorsiflexors | Dorsiflexors | Dorsiflexors | Dorsiflexors | Dorsiflexors

Eccentric | Eccentric | Isometric | Concentric | Concentric | Concentric | Concentric | Eccentric | Eccentric | Eccentric | Eccentric

Knee flexors | Knee extensors | Knee extensors | Knee extensors | Knee extensors | Knee extensors | Knee extensors | Knee extensors | Knee extensors | Knee extensors | Knee extensors | Knee extensors

Eccentric | Eccentric | Concentric | Eccentric | Concentric | Concentric | Concentric | Eccentric | Eccentric | Concentric | Concentric

Hip extensors | Hip extensors | Hip adductors | Hip flexors | Hip flexors | Hip flexors | Hip flexors | Hip flexors | Hip flexors

Concentric | Concentric | Concentric | Concentric | Concentric | Concentric | Concentric | Eccentric | Eccentric | Concentric | Eccentric

Inversion | Pronation | Extension | Extension | Extension | Extension | Extension | Extension | Extension | Extension | Extension | Extension

Hinge | Hinge | Hinge | Hinge | Hinge | Hinge | Hinge | Hinge | Hinge | Hinge | Hinge | Hinge