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Antalgic gait

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An **antalgic gait** is a gait that develops as a way to avoid pain while walking (*antalgic* = *anti-* + *alge*, "against pain"). It is a form of gait abnormality where the stance phase of gait is abnormally shortened relative to the swing phase. It can be a good indication of pain with weight-bearing.^[1]

Conditions associated with an antalgic gait

- Coxalgia^[2]
- Legg-Calvé-Perthes Syndrome
- Osteoarthritis
- Pelvic girdle pain
- Slipped capital femoral epiphysis^[3]
- Tarsal Tunnel Syndrome^[4]
- Trauma

References

1. GP Notebook (<http://www.gpnotebook.co.uk/simplepage.cfm?ID=671481857>)
2. CALVÉ; et al. (1939). "PATHOGENESIS OF THE LIMP DUE TO COXALGIA: The Antalgic Gait". *Journal of Bone and Joint Surgery* **21** (1): 12.
3. Walter, Kevin D. (2011). "Hip" Chapter 199. In Marc dante K, Kliegman R, Jenson H, Behrman R (Ed.), *Nelson Essentials of Pediatrics (6th ed.)* pp. 744-45. Saunders Elsevier. ISBN 978-1-4377-0643-7
4. Garchar, D. J.; Lewis, J. E.; Didomenico, L. A. (2001). "Hypertrophic sustentaculum tali causing a tarsal tunnel syndrome: a case report" (PDF). *The Journal of foot and ankle surgery : official publication of the American College of Foot and Ankle Surgeons* **40** (2): 110–112. doi:10.1016/S1067-2516(01)80053-3. PMID 11324667.

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