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# THE COST OF WALKING

**Movement Disorders** disrupt the way our muscles function and challenge the way we move in the world

## Gait Variability

Refers to stride to stride fluctuations during normal walking



**18 Million People**

Are affected by Variable Gait  
Parkinson's, Stroke, Cerebellar Ataxia, & Elderly



## This Looks Like...

variability in **gait speed**, **step length**, **step width**, or **stride length**



## Walking Becomes Expensive

More oxygen and energy are required to walk with variable gait



## THE PROBLEM

Gait variability is a strong indicator of overall health, cognitive decline and mortality. The metabolic cost of walking with variable gait needs to be quantified to better understand the challenges they face.



**Every person deserves the chance to walk without paying the price**

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