

# Session Log - 2025-11-30

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## Session Info

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- Date: 2025-11-30
- Time: 10:15
- Topic: Gait Cycle Analysis
- Study Mode: Core
- Time Spent: 60 minutes

## Execution Details

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- Frameworks Used: H-MAP, H-SEQ, M-VIS
- Gated Platter Triggered: No
- WRAP Phase Reached: Yes
- Anki Cards Created: 15

## Ratings

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- Understanding Level: 5/5
- Retention Confidence: 5/5
- System Performance: 4/5

## Reflection

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### What Worked

- H-SEQ framework perfect for temporal/sequential information
- Animated GIFs helped with visualizing movement phases
- Breaking down stance vs swing phase first, then subdividing
- Memory palace: visualized walking through my house for each phase

### What Needs Fixing

- Initial MAP phase took too long - need better pre-organization
- Some redundancy in Anki cards - could be more efficient

### Notes/Insights

- Gait cycle is 60% stance, 40% swing - this ratio helps anchor the phases
- Connecting each phase to common pathologies (e.g., foot drop in swing phase) makes it clinically relevant
- The muscle activation patterns make sense when understood biomechanically first
- This is a strong foundation topic - many other concepts will reference this