



CME Article



Center of Excellence for Electronic Learning in  
Medical Sciences

Title: The Physiological Cost Index and Some Kinematic Parameters of Walking and Jogging in  
Blind and Sighted Students

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**Learning objectives: By studying this paper, the readers will be able to learn:**

1. The effect of the lack of visual feedback on the locomotor system.
2. The findings of previous studies about the kinematics of locomotion in visually impaired individuals.
3. The parameters used to calculate the energy cost and physiological cost index (PCI).
4. How PCI is used to measure energy expenditure during walking.
5. The effects of kinematic parameters of walking and jogging modes on the PCI of blind and sighted individuals.

**Target groups:**

Physiotherapists, Occupational therapists, Psychiatrists, Orthopedists