ANKLE AND FOOT HISTORY

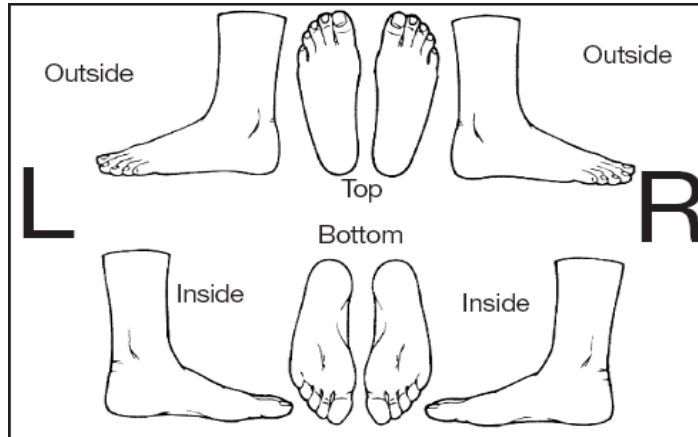| NAME:	DATE:

WHERE IS YOUR PROBLEM?
(ex. Big toe, ankle, midfoot etc)

RIGHT

LEFT

MARK SPECIFICALLY WHERE YOUR PROBLEM IS WORST --->

PLEASE LIST AREAS OTHER THAN FOOT AND ANKLE THAT HURT:

CIRCLE ALL THAT APPLY	X	WHICH IS MOST BOTHERSOME?
Pain		
Tingling		
Numbness		
Warmth		
Redness		
Deformity		
Ulcer or Sore		
Collapsing Arch		
Catching		
Grinding		
Instability / Give way		
Limping		
Locking		
Weakness		
Other		
Nothing definite		

HOW LONG HAS THIS BOTHERED YOU: _____ weeks / months / years
INJURY DATE: ___/___/____
DESCRIPTION OF EVENTS LEADING UP TO THIS PROBLEM:

The symptoms began: Suddenly   Intermittently   Gradually
The symptoms are: Constant   Intermittent   Predictable   Unpredictable
The symptoms are worst: Mornings   During the day   Starting after rest
          Activity related   End of the day   Wakes from sleep   Other:
The symptoms are: Minor   Moderate   Severe
The symptoms are: Improving   Gradually / Rapidly worsening   Unchanged

HAVE YOU EVER EXPERIENCED A SIMILAR PROBLEM?

CIRCLE ALL THAT APPLY

| *DESCRIBE THE NATURE OF YOUR SYMPTOMS:*	*WHAT AGGRAVATES YOUR SYMPTOMS?*	*WHAT IMPROVES YOUR SYMPTOMS?*
Aching	Direction changes	Rest
Burning	Jumping	Walking Barefoot
Dull	Hard Stops	Limping
Numbing	Quick Starts	Avoiding Sports
Pulling	Running	Wearing Shoes
Sharp	Standing	Ice
Shooting	Sports	Elevation
Sore	Walking	Stretching
Stabbing	Walking Barefoot	Compressive Wrap
Tearing	Other activity:	Shoe Modification
Throbbing		Shoe Inserts
Other:	Dress Shoes	Brace
	Hard Surfaces	Cast or Boot
	Uneven ground	Other:
	Nothing definite	Nothing definite
	Other surface:	Medication:

WHAT PAST TREATMENTS HAVE YOU ATTEMPTED?
Physical Therapy   Medication   Surgery, please describe:
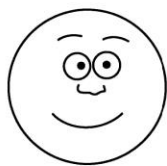Chiropractor (D.C.)   Podiatrist (DPM)
WHAT TESTS HAVE BEEN ORDERED FOR THIS PROBLEM?   **WHEN?**
  XR   MRI   CT   EMG/NCS   Bone Scan

No Pain   Moderate Pain   Worst Pain

0   1   2   3   4   5   6   7   8   9   10
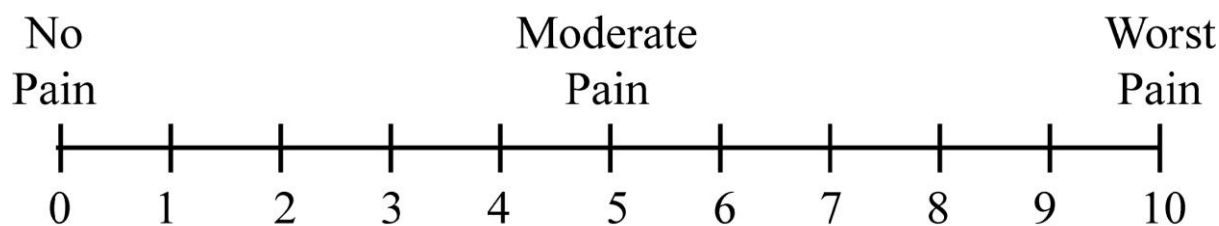
0   2   4   6   8   10

Circle the number or face to show where your pain intensity is located