

***Eastside Sports Rehabilitation Clinic***

Name \_\_\_\_\_ Referring Doctor \_\_\_\_\_ Date \_\_\_\_\_

Age \_\_\_\_ Sex \_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_ Shoe Size \_\_\_\_ Shoe Type \_\_\_\_\_

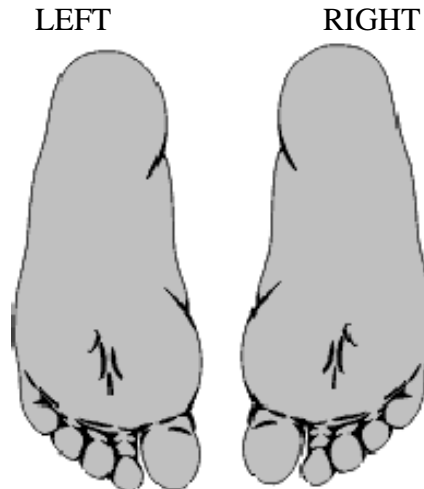
Primary Activities \_\_\_\_\_

Chief Complaints/History \_\_\_\_\_

**For Physical Therapist to fill out:**

PRONE (Bisect calcaneus/Distal 1/3)	Left	Right
Subtalar Neutral (Palpation)	RF__FF__	RF__FF__
General foot motion (ave, loose, restricted)	_____	_____
Midtarsal joint motion (STJ pronated/supinated)	_____	_____
First Ray position/mobility	_____	_____
Dorsiflexion (knee/'d 10 knee/'d 15-20)	_____	_____
Forefoot to Rear foot relationship w/in STN With reference to 1 <sup>st</sup> ray also	_____	_____

**PLANTAR LESIONS**



**SUPINE**

Hip rotation (antetorsion/retrotorsion)	_____	_____
10 ante	_____	_____
Hamstrings (Hip flexed to 90)	_____	_____
Hip Flexors (Thomas Test)	_____	_____
IT Band (Obers Test)	_____	_____
Quadricep	_____	_____
Malleolar Position (Tibial torsion 18-23)	_____	_____

	LEFT	RIGHT
FF to RF relationship in saggital plane (PF/DF)	_____	_____
Hallux DF/PF (NWB)	_____	_____
Toe Positions (Hammer/Clawed, Straight, HAV)	_____	_____
Arch Height	_____	_____
Leg Length	_____	_____

STANDING	LEFT	RIGHT
Shoulders/Spine	_____	_____
Hip Influence (Ante/Retroversion)	_____	_____
Knee Influence (Varus/Valgus/Recurvatum)	_____	_____
Patella Position (Squinting/Frog-eyes/Alta)	_____	_____
Lower Leg Influence (Varus/Valgus/Torsion/ Rotations)	_____	_____
Foot Position (ADD/ABD)	_____	_____
Arch Height (Pronation/Pes cavus/Pes Planus)	_____	_____
Toes Positions (Hallux Valgus)	_____	_____
Relaxed Calcaneal Stance (rearfoot, inv/ev) 0-5 varus	_____	_____
Subtalar Neutral (rearfoot)	_____	_____
Neutral Tibial Stance (tibia varus/valgus)	_____	_____
Hallux DF (WB 65)	_____	_____

**SPECIAL TESTS/PALPATION**

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**GAIT ASSESMENT**

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**PLAN OF CARE**

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

INITIALS \_\_\_\_\_