Athletic Trainer Sick Call Evaluation Note: FOOT/TOE/ ANKLE

Name:_____ **SSN:**_____ **Date:**_____

DOB:_____ **Age:**_____ **Company:**_____ **Wk of training:**_____ ☐ **Male** ☐ **Female**

Injury Location: ☐ RIGHT ☐ LEFT ☐ BOTH ---------→ ☐ FOOT ☐ TOE ☐ ANKLE

Check one:

☐ I have been seen by TMC/PT for this problem. If so, when? _____

☐ I have been seen by an athletic trainer for this problem. If so, when? _____

☐ I have been seen by a medic for this problem. If so, when? _____

☐ I have never been seen for this problem

Pain Scale: *Circle number* 0 1 2 3 4 5 6 7 8 9 10

Training Goals: ☐ Continue Training ☐ Decrease Pain ☐ Diagnose Problem ☐ Learn Self Care ☐ Want out of Army

Have you ever injured this body part before? ☐ YES ☐ NO ☐ Do not remember

How long has this been bothering you? ☐ 1-2 days ☐ 3-5 days ☐ 1 wk ☐ 1-2 wks ☐ 2-3 wks ☐ More than 3 wks

Feels better with: ☐ Ice ☐ Support (Brace/Boot) ☐ Decreased Activity ☐ Rest ☐ Nothing decreases pain

Feels worse with: ☐ Walking ☐ Marching ☐ Running ☐ Jumping ☐ Stairs ☐ Nothing ☐ Other:_____

DO NOT WRITE BELOW. ONLY COMPLETE ABOVE PORTION. ATHLETIC TRAINER ONLY!

History:

Gait: ☐ Non-Antalgic ☐ Antalgic ☐ Unable to WB ☐ W/Crutches ☐ Does Not Apply

Observations:
☐ Supination (stress fx, sprains, lateral leg pain)
☐ Pronation (inner leg pain)
☐ Pes Cavus (supinator, lateral shoe wear, needs motion control w/firm midsole)
☐ Pes Planus (pronator, med shoe wear, little lat, needs cushion w/flexible midsole)
☐ Arches (tibialis anterior, TDH, peroneus longus/brevis)
☐ Description:_____
☐ Bunions (hallux valgus)
☐ Edema
☐ Ecchymosis
☐ Effusion
☐ Discoloration
☐ Leg Length

Palpations:

MEDIAL SIDE	LATERAL SIDE	FOOT	GENERAL
☐ Calcaneus	☐ Lateral Malleolus	☐ Extensor Hallucis Longus Tendon	☐ Edema
☐ Medial Malleolus	☐ Base of 5th Metatarsal	☐ Extensor Digitorum Longus Tendon	☐ Pitted Edema
☐ Navicular	☐ Peroneus Longus	☐ Plantar Fascia	☐ Effusion
☐ Base 1st Metatarsal	☐ Peroneus Brevis	☐ Achilles Tendon	☐ Deformity
☐ Sesmoid Bones	☐ Posterior talofibular lig		☐ Crepitus
☐ Tibialis Anterior	☐ Calcaneofibular lig		☐ Increased Temp
☐ Tibialis Posterior (Tom)	☐Anterior talofibular lig		☐ TTP:_____
☐ Flex Digitorum Longus (Dick)			
☐ FlexHallucis Longus(Harry)			

☐ Deltoid Ligaments (tibionavicular, tibiocalcaneal, posterior tibiotalar, anterior tibiotalar)

AROM: ☐ Plantarflexion ☐ Dorsiflexion ☐ Inversion ☐Eversion ☐ Toe Flex ☐ Toe Extension ☐ Digits Flexion ☐ Digits Extension

MMT:
☐ DF/INV (have walk on heels w/inversion--tibialis anterior, extensor hallucis longus)
☐ Toe EXT
☐ PF/ INV (peroneus longus, peroneus brevis, gastronomies, soleus)
☐ Eversion
☐ Peroneus Longus/Peroneus Brevis: (have walk on medial feet)
☐Gastocnemius/Soleus: (have walk on toes and hop on balls of foot)

Special tests:
☐ Tuning fork--→ stress fx
☐ Thompson's Test--→ achiles tendon rupture
☐ Kleiger Test (+ pain med and lat) --→ deltoid ligament
☐ Squeeze Test for Metatarsal Bones--→ metatarsalgia
☐ Talar Tilt (DF) --→ calcaneofibular lig and deltoid lig
☐ Bump----→ stress fx
☐ Pain back or bottom of heel---→ exostosis (bone spur)
☐ Distal Tib/Fib Compression/Squeeze Test--→ syndesmosis injury, fx
☐ Anterior Drawer (+ anterior translation) --→ anterior talofibular ligament
☐ PF w/INV (+ anterior trans) --→ ant talofibular lig and calcaneofibular lig

Plan: ☐ RICE ☐ Stretch ☐ Strengthening Exercises ☐ Crutches ☐ Pad area ☐ Taping: _____

Profile: ☐ Ankle/Foot 1 2 3 4 **Expires:** _____ **Follow-up:** ☐ PRN ☐ Yes: _____

Return to duty: ☐ **Referral:** ☐ PT ☐ TMC **Entered in AHLTA:** ☐