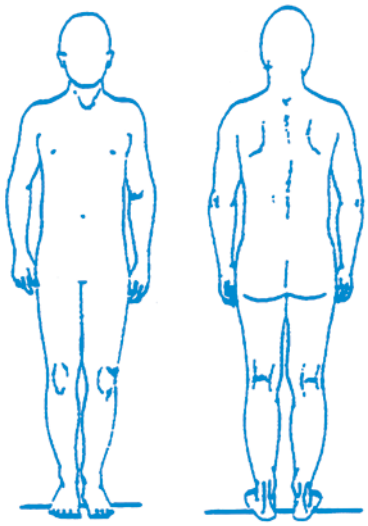
Interpod®

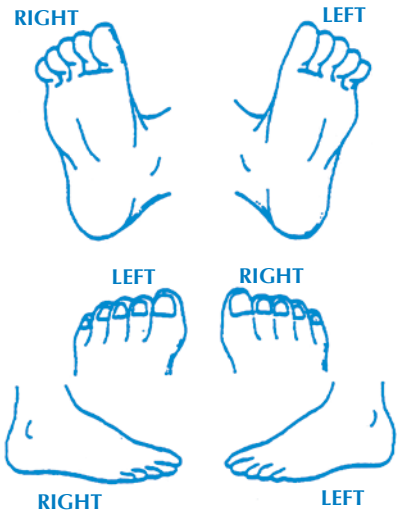
NAME DATE

Biomechanical Assessment & History

PRESENTING COMPLAINT

SITE OF PAIN / LESIONS





ACTIVITIES

SUMMARY

Foot Posture Index (FPI)

	Talar head	Malleolar curves	Helbing's sign	Calcaneal angle	Talonav. Jt. prominence	Arch Height	Lateral foot border	Forefoot abd/add	TOTAL
LEFT									
RIGHT									

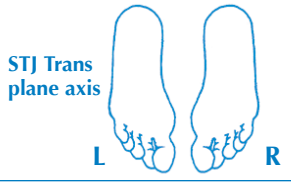
Dynamic gait analysis

	OBSERVATION	LEFT	RIGHT	COMMENTS
FRONTAL PLANE	HEAD / EYE TILT			
	SHOULDER DROP			
	ARM SWING			
	PELVIC TILT			
	PATELLAR POSITION / MOVEMENT			
	REARFOOT MOTION / POSITION			
	HEEL STRIKE			
	MIDSTANCE			
	PROPULSION			
	BASE OF GATE			Ref: narrow / normal / wide
	ANGLE OF GATE			Ref: (5-10° abducted)
	OTHER OBSERVATIONS			
SAGITTAL PLANE	TORSO POSITION			
	ARM SWING			
	HEEL / LIFT TIMING			
	MTJ MOTION / TIMING			
	KNEE POSITION / MOVEMENT			
	OTHER OBSERVATIONS			

SUMMARY _____

_____

Prone examination

	REFERENCE	LEFT	RIGHT	COMMENTS
STJ ROM	(20° inv) / (10° ev)			
NEUTRAL	0-3° inverted			
AXIS POSITION	Transverse plane			
	Sagittal plane			
FOREFOOT POSn	Perpendicular to rearfoot			
ANKLE (KNEE FLEX)	≥ 10° dorsiflexion			
(KNEE EXT)				

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Supine examination

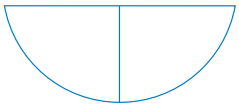
	REFERENCE	LEFT	RIGHT	COMMENTS
FIRST MTPJ ROM	≥65° dorsiflexion			
FHL TEST	+ve or -ve			
FIRST RAY ROM POSITION	Equal DF and PF Neutral			
MTJ OAMTJ ROM OAMTJ AXIAL ORIENTATION LAMTJ ROM	large/norm/restrict vertical/norm/horiz large/norm/restrict			
MALLEOLAR TORSION	20-25° external			
HAMSTRINGS	≥70-90° flexion			

LIMB LENGTH DISCREPANCY? YES/NO structural / functional RIGHT_____ LEFT_____
ASIS - LM/MM UMB - LM/MM

HIP JOINT ROTATION - LEFT

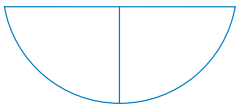
FLEXED

G. max & piriformis — internal external — G. med & min & adductors



EXTENDED

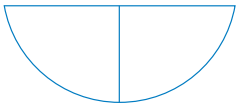
sartorius — internal external — iliopsoas



HIP JOINT ROTATION - RIGHT

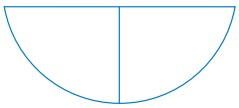
FLEXED

G. max & piriformis — internal external — G. med & min & adductors



EXTENDED

sartorius — internal external — iliopsoas



Weightbearing examination

	REFERENCE	LEFT	RIGHT	COMMENTS
RCSP	2-3° everted			
NCSP	0-3° everted			
TIBIAL POSITION (STJN)	(0-2° everted)			
NAVICULAR DROP	≥1cm sagittal plane			DRIFT/DROP RATIO
NAVICULAR DRIFT	≥1cm transverse plane			L_____ R_____
SUPINATION RESISTANCE TEST				Easy, normal or hard
JACK'S TEST initiation				Immediate/delayed
JACK'S TEST force				Easy/moderate/hard

WHAT STOPS OVER PRONATION?				Plantar fascia, tibialis posterior muscle, STJ osseous contact
LUNGE TEST	<10 cm			Distance from wall - can also derive angular measure from tibia

Final impressions (diagnosis / prognosis / justification)

Management

1. INJURY

2. EXERCISE THERAPY

3. ACTIVITY MODIFICATION

4. OTHER EXTERNAL REFERRALS

5. ORTHOSES PRESCRIPTION