

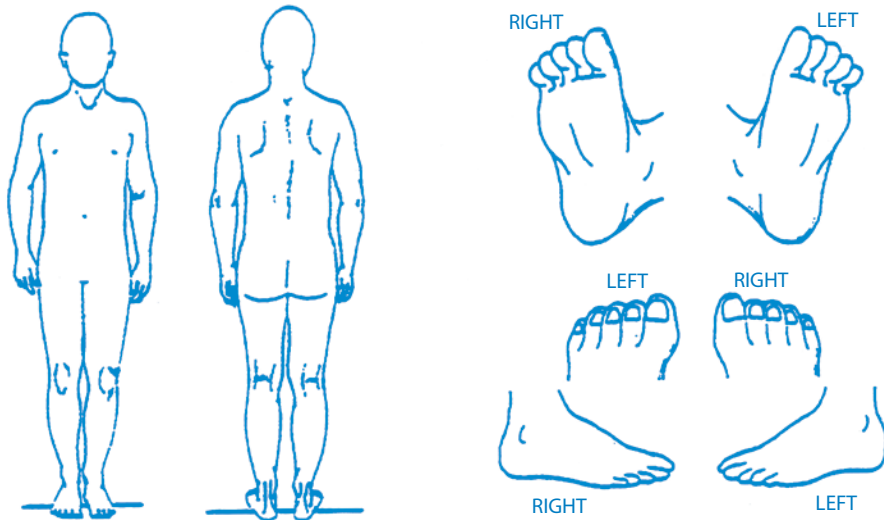
NAME

DATE

Biomechanical Assessment & History

PRESENTING COMPLAINT

SITE OF PAIN / LESIONS



ACTIVITIES

SUMMARY

Foot Posture Index (FPI)

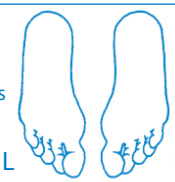
	Talar head	Malleolar curves	Helbing's sign	Calcaneal angle	Talonav. Jt. prominence	Arch Height	Lateral foot border	Forefoot abd/add	TOTAL
LEFT									
RIGHT									

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) (KNEE EXT)	≥ 10° dorsiflexion			

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 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 _____ <small>ASIS - LM/MM UMB - LM/MM</small>				

<p>HIP JOINT ROTATION - LEFT</p> <p>FLEXED</p> <p>G. max & piriformis internal external G. med & min & adductors</p>  <p>EXTENDED</p> <p>sartorius internal external iliopsoas</p> 	<p>HIP JOINT ROTATION - RIGHT</p> <p>FLEXED</p> <p>G. max & piriformis internal external G. med & min & adductors</p>  <p>EXTENDED</p> <p>sartorius internal external iliopsoas</p> 
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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 L _____ R _____
NAVICULAR DRIFT	≥ 1cm transverse plane			
SUPINATION RESISTANCE TEST				Easy, normal or hard
JACK'S TEST	initiation			Immediate/delayed
	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 _____
