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| Case Study Template | | | | | |
|  | **HISTORY:**  *Details and background of concern with which the patient presents.* |  | **EXAMINATION RESULTS:**  *Injury & surgical factors.*  *Factors affecting force pathway.*  *Compensations available.*  *Adaptations.* |  | **PLANTAR PRESSURE ANALYSIS:**  *Pressure mapping*  *Analysis of graphs*  *Asymmetries & abnormalities*  *Tests & interventions* |
|  | **DISCUSSION:**  *Your diagnostic hypothesis* |  | **TREATMENT STRATEGY:**  *Short – medium term*  *Long term* |  | **REVIEW:**  *Changes observed* |

## 1. HISTORY

*Was the patient was referred for your assessment and treatment? (if so, what is the diagnosis and treating relationship / expectation of the referring practitioner?)*

*What is the patients motivating factor to get better and what are their goals?*

**2. EXAMINATION RESULTS:**

a. Injury and/ or Surgical Factors:

* Current and previous (radiological exam results)
* Resultant Adaptations
* Pain induced gait changes
* Current and previous treatment and outcome

b. Factors affecting the force pathway:

* Pelvic alignment / instability
* Leg posture: Frontal and transverse and LLD asymmetry
* Foot posture:
  + normal structure
  + high arch -level of severity of components
    - Rearfoot Varus
    - Metatarsus Adductus
    - Forefoot Equinus
* 1st Metatarsal position: Sagittal and Transverse
* Lesser MTPJt

c. Compensation available

* Neurological: Deficits of Neuromuscular, proprioception, sensory systems
* Muscle strength / balance/ function
* Soft tissue elasticity / function
* Joint ROM: Hip, Knee, ankle, foot
* Circulation deficits where present

d. Adaptations

* Muscle imbalance
* Functional: e.g. forefoot Supinatus
* Structural: e.g. Hallux Valgus

**3. PLANTAR PRESSURE ANALYSIS:**

* Pressure mapping results:

* PvT and CoP Trajectory asymmetries or abnormalities:

* Gaitline and Rocker asymmetries or abnormalities:

* Additional Tests and Interventions done and the results:

**4. DISCUSSION**

**5. TREATMENT STRATEGY**

**6. REVIEW**

**Export file/s from Freestep or save as movie mp4 and email, (or email link to dropbox / other drive)**

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