

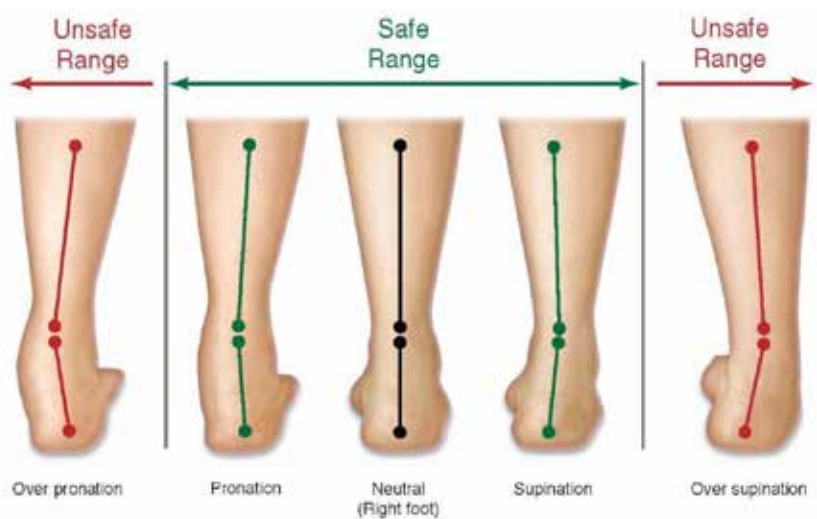


Functional Yoga Therapy™ - Foot Assessment

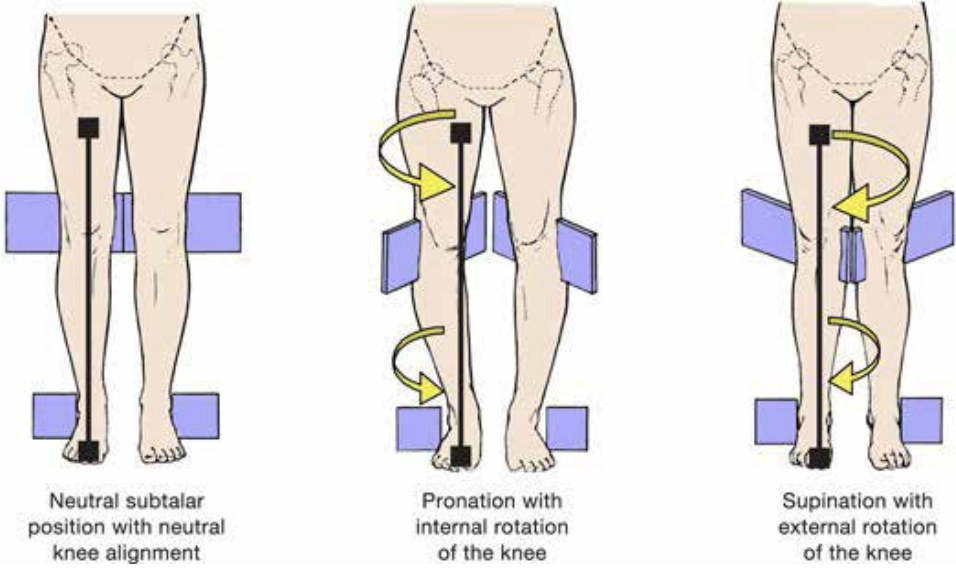
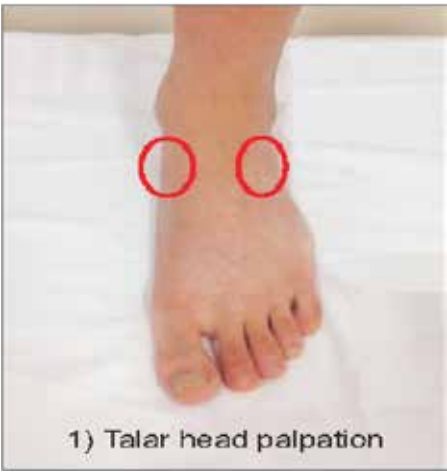
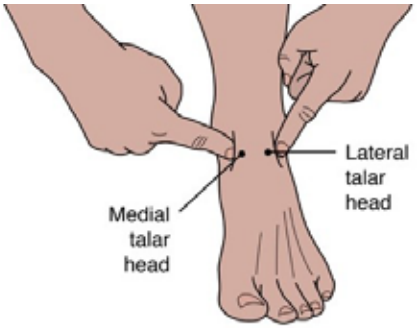
Client Name: _____ Date: _____ Visit #: _____

Questions:	Additional Information:	Answers:
1. Pain/discomfort in the feet or ankles. Lack of sensation. Past foot surgeries.	Ask for specifics: - Describe pain, point to location, how often, what exacerbates and what helps, etc.	Left foot Right foot Sole / bottom Top Top Sole / bottom Ankles (back view) Left Right
2. Past diagnosis feet: - Arthritis - Plantar Fasciitis - Bunions - Tendonitis - Other _____	- Where located? How does it manifest? What makes it feel better?	Left Right
3. Physical activity: what kind and how often?	- Are there correlations to the pain and/or discomfort?	
4. Type of occupation? How much stress on feet?	- What type of footwear? - Inspect shoes for abnormal wear patterns.	
5. Does their current foot pain keep them from doing what they love?	Get details:	
6. Does the pain or discomfort in their feet or ankles coincide with other discomfort in the body?	Get details:	



7. Virtual Assessment: - All assessments can be done virtually with cueing to client.	Client can also take close-up photos of their feet and short videos of movement of toes, etc.																																					
Visual Assessment: Swelling, calluses, or irregularities with the feet, ankles and toes  If Bunion, ask about pain.	<table border="0"> <thead> <tr> <th></th> <th>L</th> <th>R</th> </tr> </thead> <tbody> <tr> <td>Toes curled</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>Bunions</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>Hammer</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>Toe Spread</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>Swelling</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>Calluses</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>Infection</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>Nail Issues</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>Other</td> <td>_____</td> <td>_____</td> </tr> <tr> <td></td> <td>_____</td> <td>_____</td> </tr> <tr> <td></td> <td>_____</td> <td>_____</td> </tr> </tbody> </table>		L	R	Toes curled	_____	_____	Bunions	_____	_____	Hammer	_____	_____	Toe Spread	_____	_____	Swelling	_____	_____	Calluses	_____	_____	Infection	_____	_____	Nail Issues	_____	_____	Other	_____	_____		_____	_____		_____	_____	Left foot  Sole / bottom Right foot  Sole / bottom  Top  Top Ankles (back view)  Left  Right Check weight distribution of feet: forward to toes, back into heels, pronate, supinate
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Assess <u>anterior foot</u>, ankle and knee: Right Foot: Pronation __ Supination __ Knee Internal rotation __ Knee External rotation __ Left Foot: Pronation __ Supination __ Knee Internal rotation __ Knee External rotation __ NOTES:	 Neutral subtalar position with neutral knee alignment Pronation with internal rotation of the knee Supination with external rotation of the knee
Talar Head Palpation: Press a finger at each of the talar head points at the front of ankle (you will feel a dip in the tissue). Right foot: - Neutral __ - Pronate __ - Supinate __ Left foot: - Neutral __ - Pronate __ - Supinate __	 1) Talar head palpation Note if the lateral or medial is firmer, and one has more give to it. This indicates that the bones are either dropping medial (pronating) or lateral (supinating). <i>Client can do this as a selfassessment. Best done standing.</i> 

**Assess Arches:****Medial Arch:**

R _____

L _____

PLACE finger under medial arches to feel for height. Note differences.

NOTE: You can ask your client to do this as a self-assessment.

Arch of the Feet

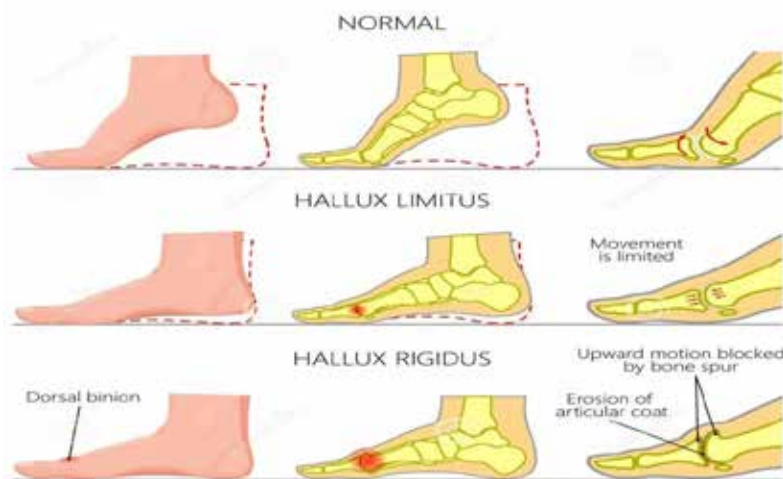
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**Assess Big Toe Mobility –
Come up on toes Big toe
ROM:**

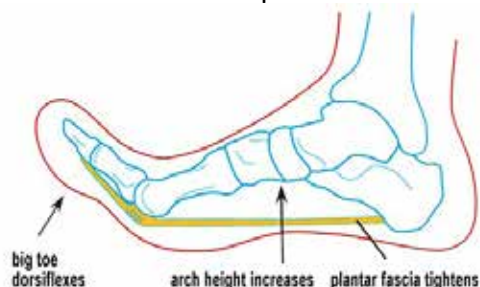
Right big toe

Left big toe

Comments: If you are touching client, hold foot steady at metatarsals and attempt to dorsiflex and plantar flex big toe, also other toes.

NOTES:

Ask client to keep foot down and lift big toe. Note if medial arch lifts, and are the toes able to spread?





Assess Ankle Mobility: Hold heel with one hand; other hand moves forefoot laterally and medially:	
Right Ankle	
Left Ankle	
Is there symmetry?	

Other Assessments:

1. Clients ability to balance:

- a. Toe Stand with both feet
- b. Single leg stand – assess both legs
- c. Does client stand noticeably more in one leg?