



Patient Name: Patient Aasample Date of Birth: 1972-05-02  
 Referring Professional: Dr. S. French Assessment Date: 2009-11-13  
 Assessing Clinician: Richard Bosch

Dear Dr. S. French,

Thank you for referring Patient to Stride Orthopaedics & Footwear for a biomechanical assessment. All assessments at Stride Orthopaedics & Footwear include a patient history, direct palpation of the feet, range of motion and muscle testing, gait analysis and an education session with the patient on the findings. Below is the detailed summary of your patient's assessment and treatment program.

Please look at the TREATMENT PLAN section on the last page for a brief synopsis of recommendations and further actions required.

Stride Orthopaedics & Footwear are committed to keeping your patients active and healthy for life, utilizing the treatment techniques of our education as Canadian Certified Pedorthists, as well as the resources available from our allied health partners in the community. Communication is key to our patient's success. Your continued trust in our services is appreciated.

<b>Foot Alignment</b>					
	<b>Hind foot</b>	<b>Midfoot</b>	<b>Hallux</b>	<b>Forefoot</b>	<b>Arch Height</b>
Right	Valgus		Valgus		
Left	Valgus		Valgus		

<b>Functional Tests</b>				
	<b>Hallux Function</b>	<b>Heel Raise</b>	<b>1/2 Squat</b>	<b>Trendelenberg</b>
Right				
Left				

<b>Foot Range of Motion</b>					
	<b>Ankle</b>	<b>Subtalar</b>	<b>Midtarsal</b>	<b>First Ray</b>	<b>Hallux</b>
Right	Normal				
Left	Normal				

Metatarsal Head Position					
	First	Second	Third	Fourth	Fifth
Right					
Left					

Palpation Pain								
	Met Heads	MLA	Prox. PF	Medial Ankle	Lateral Ankle	Medial Tibia	Pes Anserinus	Patella
Right	Yes	Yes	Yes					
Left	Yes	Yes	Yes					

Muscle Function								
	Gastroc.	Tib. Post.	Tib. Ant.	Peroneal	Glut. Med.	Hip Flex.	Hamstring	Quads
Right								
Left								

Insensate Areas					
	Distal Toes	Metatarsal Heads	Medial Arch	Lateral Arch	Plantar Heel

Gait Assessment						
	Head	Shoulders	Hips	Knee	Heel Raise	Toe Off
Right	Level	Level	Level	Varus		Neutral
Left	Level	Level	Level	Varus		Neutral

Treatment Plan	
Footwear Recommendations:	I have recommended that certain shoes be replaced. I have discussed footwear that has Supportive sandal, Motion Control, Good forefoot rocker Stiff shank, Increased cushioning
Orthotic Recommendations:	For Daily wear
Orthotic Goal:	Control Overpronation, Provide shock absorption, Unload high pressure areas

Stride Orthopaedics & Footwear is your complete source for assessment, treatment and care of lower limb pathologies. By using foot orthoses, footwear and medical compression stockings our Canadian Certified Pedorthists and Procure Certified Footwear Fitters are committed to achieving relief for your patients. If you have any questions or concerns, please contact me at (807)344-9608

Yours in health.



Richard Bosch CPed(C) Reg. #145C