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Place Label

HERE

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| --- | --- | --- | --- | --- | --- | --- |
| **Fit Feet Report Card - Special Olympics Healthy Athletes®** | | | | | | |
| **Athlete’s Name** | |  | | | | |
| **Athlete’s DOB** | |  | **Program** | |  | |
| **Measured Foot/Shoe Size** | | Length (Left): (Right): | | | | |
|  | | Width (Left): (Right): | | | | |
| **Recommended Shoe Type** | |  | | | | |
| **Recommended Sock Type** | |  | | | | |
| **Congratulations! You have Fit Feet. No treatment is required at this time** | | | | | | |
| **Follow-up Needed:  URGENT  Non -Urgent**  **See the “Follow-up Needed” list below for items that need attention.**  ***Mark all that apply*** | | | | | | |
| **Foot structure/morphology**:   * flat * high arch * abducted * adducted | **Skin**:   * athlete’s feet * dermatitis * wart * callus * corn * dry skin * excessive sweating/moisture * cyst * growth * lesion | | | **Nail disease**:   * fungus/mold/yeast * ingrown * hematoma/blood   under the nail   * loose nail | | **Bone**:   * bunion * hammertoe * heel pain * short toes * deformed toes * extra toes, * bunionette * growth * metatarsal pain * bow legs * heel bump |
| **Abnormal joint motion**:   * ankle * subtalar * midtarsal * 1st MTP joints | **Muscles/tendons**:   * pain, tight * weak Achilles * Posterior tibial * Anterior tibial, * Peroneal Extensor tendons * Flexor tendons | | | **Nerve**:   * neuropathy-painful * numbness * neuroma * tarsal tunnel | | **Gait:**   * pronation * supination * in-toe * out-toe * heel valgus * scissors * cross over * painful * apropulsive |

**Athlete Referral Information***Note: Fit Feet volunteers, please circle each referred specialist. If possible, please share additional contact details below specialist type(s) to aid with follow-up care efforts and coordination.*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Podiatrist | Chiropodist | | | Physiotherapist | | Orthoptist |
|  |  | | |  | |  |
| Dermatology | Rheumatology | | | Primary Care | | Vascular |
|  |  | | |  | |  |
| Chiropractic | Orthopedics | | | Neurology | | Other |
|  | |  |  | |  | |
| Comments: | |  |  | |  | |
|  | |  |  | |  | |

**Link to FIT FEET General Foot Care Video** <https://www.youtube.com/watch?v=kzqPmXQCDso&t=26s>