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Place Label

HERE

|  |
| --- |
| **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>