PHYSICIAN CONSULT CHECKLIST

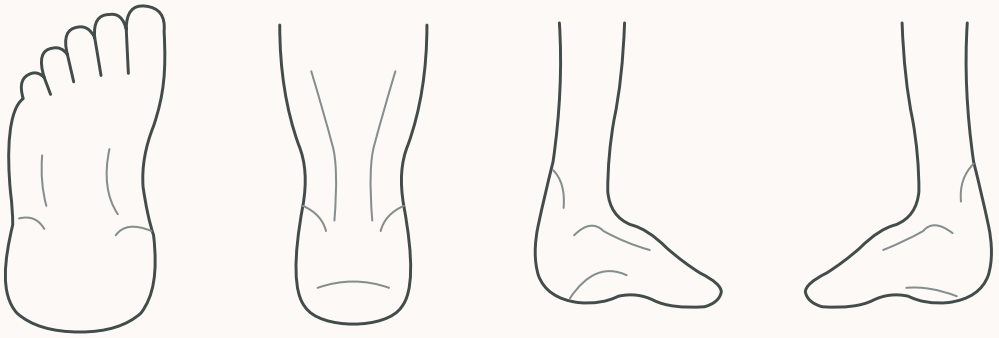
Achilles tendon pain

Name _____ Visit date _____

Mark where you feel it

Side (left, right, or both) _____

Write a letter where you feel each symptom. Use more than one letter if needed.



Top | Back | Inner side | Outer side

N Numbness **P** Pins & Needles **B** Burning / Aching **S** Stabbing

What I want my physician to know

Mark where it hurts and note stiffness, hills, stairs, or symptoms after activity.

I used to be able to… Now I struggle with…

_____

It started… It feels better or worse when…

_____

I've tried… It helped for…

_____

The main thing I want to decide or do is…

_____

What to bring or send

Bring a short activity log and any reports or therapy notes relating to the tendon.

- ☐ Prior images and written reports, if available
- ☐ Checked the scan date, body area and side
- ☐ Confirmed the office can open the image files
- ☐ Relevant visit and therapy notes, medication and allergy list

Image date, type and where it was done

_____

What I still need to request or confirm

_____

Questions to ask

- ☐ Where along the tendon do my symptoms and exam findings line up?
- ☐ What would show I can handle more of the activities I need?
- ☐ If I have prior images, would they help answer today's question? Would another test change the plan?

What will I do next, and when will we check in?

_____

One small improvement I want to notice

_____

Notes from my visit

_____

_____