PHYSICIAN CONSULT CHECKLIST

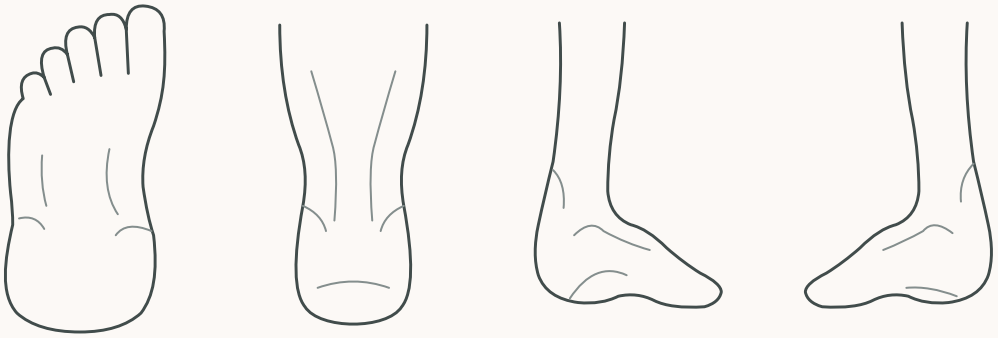
# Ankle sprain follow-up

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

Describe which way the foot turned and what walking or balance tasks remain hard.

**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 the first assessment, images, and any brace or weight-bearing instructions.

- ☐ 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

- ☐ What will you recheck after the sprain?
- ☐ Which information will help guide when I change activity?
- ☐ 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**