

**OCCUPATIONAL THERAPY  
ARTHRITIS – FOOT ASSESSMENT  
AND INTERVENTION PLAN**

Assessment Date: \_\_\_\_\_

Referral source: \_\_\_\_\_

Reason for referral: \_\_\_\_\_

Consent received for assessment    Consent given by:  Client     Substitute Decision Maker

Comments: \_\_\_\_\_

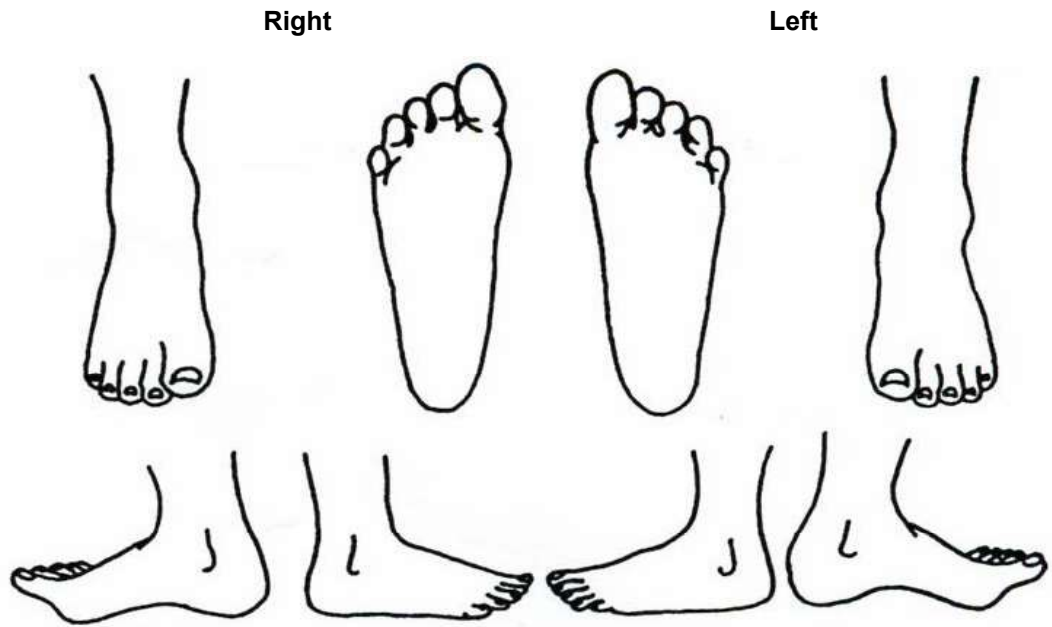
**Diagnosis:** \_\_\_\_\_

<b>CLIENT AND FAMILY GOALS:</b>
<b>RELEVANT MEDICAL HISTORY:</b> diagnosis, onset, course of disease, related surgery, previous therapy
Weight bearing Activity/ Tolerance, Walking tolerance, Walking Aids:    Footwear / Wear pattern / Orthotics:    Lab Information: Shoe size: _____ Body weight: _____  Skin, Sensation: _____

<b>SITTING / SUPINE</b>	<b>RIGHT</b>		<b>LEFT</b>	
	Pain / Swelling	ROM (✓, ↑, ↓)	Pain /Swelling	ROM (✓, ↑, ↓)
<b>Hip</b>				
<b>Knee</b>				
<b>Ankle</b> Achilles Tendon				
<b>Subtalar</b> Post Tibial Tendonitis, Tarsal tunnel				
<b>Heel</b> Plantar fasciitis				
<b>Midtarsal / Medial Arch</b>				
<b>1st Ray</b>				
<b>1<sup>st</sup> MTP</b> limitus, rigidus, FHL				
<b>MTP's ( 2 - 5 )</b>				
<b>IP's ( 1 - 5 )</b>				

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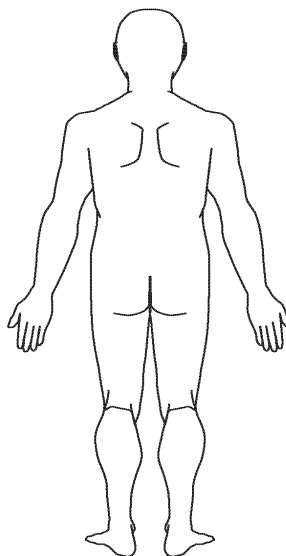
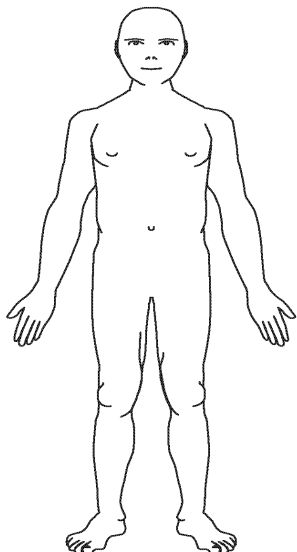
- P = Pain
- S = Swelling
- X = Subluxed MT Head
- HCT = Hammer / Claw Toe
- HV = Hallux Valgus
- N = Subluxed Navicular
- C = Callus / Corn
- MT = Morton's Toe
- MN = Morton's Neuroma
- ↑↓ = Arch Height
- Sp = Spur
- TB = Tailors Bunion
- DR = Dorsal Ridging



PRONE LYING	RIGHT	LEFT
<b>Hindfoot ROM</b> Inversion /eversion		
<b>Hindfoot in Subtalar Neutral</b> neutral, varus, valgus		
<b>Forefoot Position</b> neutral, varus, valgus, PF 1 <sup>st</sup> ray (rigid / flexible)		
<b>Ankle</b> D/F knee flexed & extended		

STANDING	RIGHT	LEFT
<b>Knee</b> varus, valgus, recurvatum		
<b>Tibia</b> varus, valgus, torsion		
<b>Calcaneus</b> (Resting Calcaneal Standing Position - RCSP) vertical, varus, valgus, Coleman block test		
<b>Medial Arch</b> ↓, ↑, Posterior Tibialis Tendon (PTT)		
<b>1st MTP</b> Functional hallux limitus		
<b>Toes</b> Hammer, claw, splaying, NWB		
<b>Leg Length / Posture</b>		

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Comment on Posture/ Levels of Anatomical Landmarks/ Leg Length

<b>WALKING</b>	<b>RIGHT</b>	<b>LEFT</b>
<b>Gait</b> Trunk posture, balance, stride length, stance, speed, pain		
<b>Contact</b> Calcaneal inversion / eversion heel strike (light / heavy)		
<b>Stance</b> Knee varus / valgus, ↑pronation, ↑supination, in / out toe, stance length		
<b>Propulsion</b> early supination, early heel rise, abd. twist, HL, late supination, apropulsion		

**CLINICAL IMPRESSION AND ANALYSIS: Occupational Performance Issues**

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**INTERVENTION PLAN**

Goals and intervention plan negotiated with client and client consent for OT intervention obtained

Comments: \_\_\_\_\_

\_\_\_\_\_  
Occupational Therapist signature

\_\_\_\_\_  
Printed name

\_\_\_\_\_  
Date