Posture Control Insole™ Patient Follow-Up Evaluation

Subjective Musculoskeletal Findings

Patient Name:

Date:

Evaluated by:

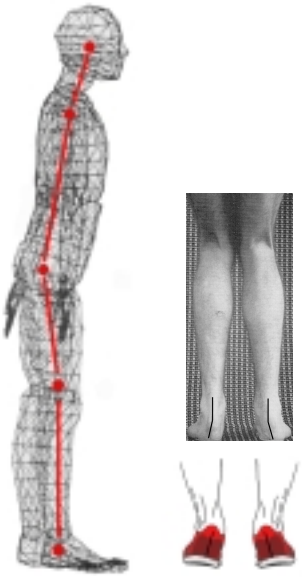
Comments:

Complaints: Foot ☐ Knee ☐ Back ☐ Neck ☐ Other ☐

Objective Postural Findings (evaluate with PCIs on)

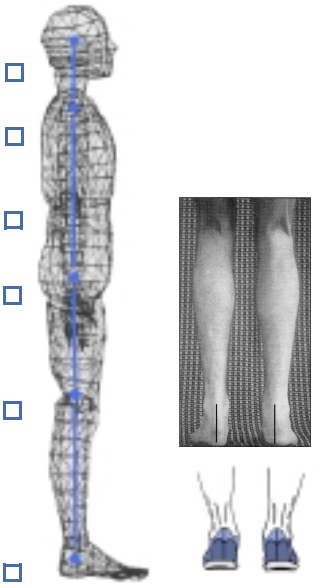
Red Findings

- Head Forward ☐
- Rounded Shoulders ☐
- Sway Back ☐
- Thumbs Inward ☐
- Knees Move Inward ☐
- Twisting Ankles ☐



Blue Findings

- Head Upright ☐
- Straight Shoulders ☐
- Straight Back ☐
- Thumbs Forward ☐
- Straight Knees ☐
- Straight Ankles ☐



Appraisal

If any red objective findings are checked and patient experiences subjective symptoms → ☐ Pain Storm (Possible other causes)

If any red objective findings are checked and patient has no symptoms for one month → ☐ Re-appoint

for two months → ☐ Re-appoint

for three months → ☐ Condition is stable

If all blue objective findings are checked and the patient has no symptoms → ☐ Condition is stable

If all blue objective finding are checked and the patient has symptoms → ☐ Other causes

Plan of Action

Pain Storm → ☐ Revise dimensions [1]

Re-appoint → ☐ Evaluate in one month

Condition is stable → ☐ No change—schedule 12 month follow-up call

Other Causes → ☐ Perform Differential Diagnosis (by Physician)

[1] Note: This process alone is not intended to and is typically not capable of fully resolving the patient's subjective symptoms. This process will in most cases improve the patient's posture, but is not intended to or capable of creating an ideal (no red findings) posture in all patients. There may be situations where this process reaches its maximum impact and the patient still presents with subjective symptoms and objective postural findings. If the patient is stable in this improved but not fully resolved situation, the process has reached its maximum impact.

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