

Initial Patient Evaluation for recommending ProKinetics® Posture Control Insoles®

Subjective Findings: **Patient Name:** **Date:** **Evaluated by:**

Lower Extremity Pelvis/Low Back Thoracic/Upper Back/Shoulders Neck/Head Other
 Details: _____

Notes - Injuries, surgeries, history, etc. that may affect the choice and effectiveness of ProKinetics® Insoles.

Objective Findings:

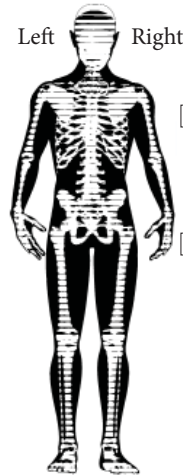
Sagittal Posture:

- Head Forward
- Protracted Shoulders
- Rotated Upper Body
- Anterior Pelvis Right
- Anterior Pelvis Left
- Posterior Pelvis Right
- Posterior Pelvis Left
- Thumbs Inward
- Hyper Extended Knees
- Fallen Arches (compared to sitting)



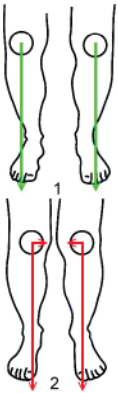
Frontal Posture:

- Head Tilted Left Right
- Shoulder High Left Right
- Hip High Left Right
- Knees Pointing In (standing)
- Knees Pointing In (bent knees)
- Ankles Leaning In (standing)
- Ankles Leaning In (bent knees)



Knee Bend Motion:

- Knees in Alignment
- Not Pronating
- Muscular Bracing
- Knees Move Inward
- Pronates Freely



Natural Foot Placement:

Abduction (Toe-Out)

- Mild
- Moderate
- Severe

Adduction (Toe-In)

- Mild
- Moderate
- Severe

Gait Characteristics (without shoes):

- Drifts Left Right
- Favors Leg Left Right
- Shorter Step (weight bearing period) Left Right
- Pronates more Left Right

Shoe Wear Pattern:

Left Heel: Medial Center Lateral
 Right Heel: Medial Center Lateral

Left Ball-of-Foot: Medial Center Lateral
 Right Ball-of-Foot: Medial Center Lateral

Structural Foot Evaluation:

Longitudinal Arch Characteristics:

- Flexible Flat Foot Flexible arch Stable Arch Flexible High (cavus) Arch Rigid Foot

Asymmetrical Arch Characteristics (check for structural leg length discrepancy):
 Right Arch significantly higher
 Left Arch significantly higher

First Metatarsal Deficit (FMD):

Left Foot: _____ mm Right Foot: _____ mm

Recommendation:

Ultra Thin Insoles (Posture Control Insoles®):

- Full Correction: 3.5 mm 6.0 mm 9.0 mm
- Arch Support: No #1 #2
- Bracers:
- Start with: 3.5 mm for _____ days.

Replacement Insoles:

- Full Correction: Red (3.0 mm) Orange (6.0 mm)
- Arch Support: No Yellow
- Bracers:
- Start with: Red for _____ days.