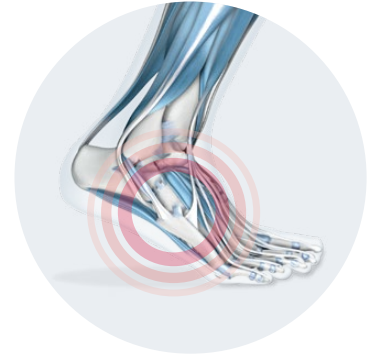


# INFORMATION ABOUT FOOT PAIN FOR YOU AND YOUR MEDICAL CONSULTATION

## FOR YOU AND YOUR MEDICAL CONSULTATION

Did you read about possible causes of your foot pain on [bauerfeind.com](http://bauerfeind.com)?  
Only a physician can confirm whether your suspicions are correct.  
That's why our recommendation is to **contact your physician!**



## CHECKLIST FOR YOUR MEDICAL CONSULTATION

The more precise the information you can give your physician about your symptoms, the more effectively they will be able to help you. Use our checklist to make sure you don't forget anything during the conversation with your physician. Simply tick the boxes and answer the questions, then take the checklist along to your appointment.

### ON WHICH SIDE ARE YOU EXPERIENCING PAIN?

- On the left foot                       On the right foot                       On both feet

### WHAT LED TO YOUR PAIN?

- The pain appeared without major external impact
- The pain occurs when I'm standing for extended periods
- The pain occurs when I'm out and about on my feet for extended periods
- The pain occurs during exercise when I \_\_\_\_\_
- The pain occurred during/after a certain activity, specifically: \_\_\_\_\_
- I had an accident:                       During everyday activities                       During exercise                       At work
- Specify: \_\_\_\_\_
- I had foot surgery, specifically: \_\_\_\_\_
- Other: \_\_\_\_\_

### WHAT PROBLEMS DO YOU EXPERIENCE EXACTLY?

- My foot hurts at rest
- My foot hurts when it's subjected to strain (e.g. during walking, climbing the stairs, or exercise)
- My foot hurts when I stand up
- My foot hurts when it touches the ground
- My foot hurts during the heel-to-toe movement
- My foot hurts during certain movements, such as: \_\_\_\_\_
- I am constantly in pain
- Other: \_\_\_\_\_

## HAVE YOU HAD PROBLEMS WITH YOUR FEET IN THE PAST?

- Yes, at a specific point in time: \_\_\_\_\_
- Yes, I've been having problems for a long time at regular intervals
- No, I've never had foot pain like this

**HOW LONG HAVE YOU HAD THESE PROBLEMS?** Since: \_\_\_\_\_

## WHERE IS THE PAIN LOCATED?

- On the sole of the foot
- On the heel
- At the front of the toes
- In the ankle
- In a different place, specifically: \_\_\_\_\_
- I can't describe it precisely

## HAVE YOU EVER TRIED TO DO SOMETHING ABOUT YOUR PAIN? (FOR EXAMPLE MESSAGES OR FOOT EXERCISES)?

- No, not until now
- Yes, specifically: \_\_\_\_\_, with the following results: \_\_\_\_\_

## HAVE YOU NOTICED ANYTHING RELATED TO YOUR FEET OR GAIT?

- It feels as though my walking movement isn't smooth
- The soles of my shoes have worn unevenly
- I often twist my ankle
- Yes, I sometimes get a swelling, specifically: \_\_\_\_\_
- No, nothing

## WHAT DOES YOUR DAILY ROUTINE USUALLY LOOK LIKE?

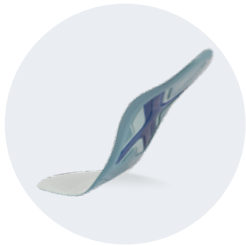
- I mainly work sitting down
- I mainly work standing up
- I walk a lot at work
- I'm out and about on my feet a lot during my leisure time (e.g. hiking or going for a walk)
- I exercise as a hobby, specifically: \_\_\_\_\_
- I exercise competitively, specifically: \_\_\_\_\_

## FOR FOOT COMPLAINTS: RELIEF AND SUPPORT

Depending on your indication, certain treatment methods are recommended. In cases of foot problems, relief usually plays a key role. Our foot orthoses can help with that: they have a biomechanical effect, helping your foot to function naturally. In this way, foot orthoses will not only relieve your feet but also your knees, hip, and back.

**Discover Bauerfeind's foot orthoses!**

### ErgoPad® weightflex



In cases of mild skew foot, flat, and/or splay foot, the ErgoPad weightflex supports the foot arches. The natural heel-to-toe movement is made easier, thanks to the specifically developed core, and the slightly cushioning effect protects from local pain caused by pressure during walking.

### TRlactive®



The TRlactive is an orthopedic foot orthosis with three strain-adapted zones. In cases of flat, splay, or skew foot, it supports the foot arches and can alleviate pain caused by strain as well as subsequent problems.

**Please see [bauerfeind.com](https://bauerfeind.com) for further models!**

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