FOR YOUR EYES ONLY

EDIT ALL HIGHLIGHTED PORTIONS and whatever else necessary in order to be truthful.

CLICK [HERE](https://www.vba.va.gov/pubs/forms/VBA-21-4138-ARE.pdf) TO DOWNLOAD THE OFFICIAL PERSONAL STATEMENT FORM 21-4138

<https://www.va.gov/find-forms/about-form-21-4138/>

**INTEL BRIEFING**: 38CFR states: “Plantar fasciitis:No relief from both non-surgical and surgical treatment, bilateral 30%

No relief from **both** non-surgical **and** surgical treatment, unilateral 20%

Otherwise, unilateral or bilateral 10%

**Note (1):** With actual loss of use of the foot, rate 40 percent

**Note (2):** If a veteran has been recommended for surgical intervention, but is not a surgical candidate, evaluate under the 20 percent or 30 percent criteria, whichever is applicable”

\*\*REMOVE THE COLORS ON YOUR FINAL DRAFT\*\*

--------------------------------------------------------------------------------------------------------------------------------------------DO NOT INCLUDE ANYTHING ABOVE THIS BREAK-------------------------------------------------------------------------------------------------------------------------------------------

To Whom It May Concern,

I, [Your Full Name], am writing in support of my claim service-connected bilateral plantar fasciitis. I served honorably in the [branch of service] from [dates of service]. During this period, my duties required me to be constantly on my feet, leading to the development and subsequent worsening of my bilateral plantar fasciitis.

While serving, I started experiencing persistent pain in my heels and the arches of both feet around [year or approximate timeframe]. I initially attributed this to routine aches from our intense training regime. However, when the pain persisted and began to impact my performance, I sought medical assistance.

Despite using orthotic insoles, the pain and discomfort remained constant, often so severe that it hindered my ability to fulfill my military obligations. I bore the pain, continued my service, and fulfilled my responsibilities to the best of my abilities.

Since leaving the military, my condition has deteriorated significantly, affecting my daily life. Simple tasks such as walking, standing for any length of time, or running, cause me severe pain. The pain extends to such a degree that it hampers my capacity to perform my job duties effectively, causing me to miss work on several occasions. Moreover, this condition hinders me from partaking in activities I previously enjoyed, such as running, hiking, or playing sports with my children.

Despite seeking medical attention, the pain relief is merely temporary and does not significantly improve my condition or quality of life. I strongly believe my military service, particularly the extensive hours I spent on my feet, is the direct cause of my bilateral plantar fasciitis.

Thank you for your time and consideration.

Sincerely,

[Your Full Name]