



# Patient Evaluation

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<b>Key Words</b>	lateral ankle instability, chronic ankle instability, foot drop, ankle sprain, ankle support, knee brace, leg length discrepancy
<b>Transcript Summary</b>	The patient has a history of left ankle sprain and suffers from chronic pain in the ankle joint with a leg length discrepancy, left foot drop, and ankle instability. They use an ankle support, knee brace, and AFO for symptom management.

## Patient Summary

You have a history of ankle injury which has led to ongoing pain and difficulty in moving. This pain is due to instability and weakness in the ankle joint. You are already using supports to help manage your symptoms, which is a good step.

## SOAP:

*Subjective:* The patient reports pain in the ankle joint when standing, left foot drop, and uses supportive devices [Source 1].

*Objective:* Clinical findings include chronic lateral ankle instability and restricted range of movement as common issues with such injury backgrounds [Source 2].

*Assessment:* The patient likely has chronic lateral ankle instability and associated symptoms due to previous injuries and a notable discrepancy in leg length [Source 1, Source 3].

*Plan:* Recommended treatment involves a comprehensive rehabilitation program that includes both physical therapy focusing on strength and balance, and possibly dry needling to address neuromuscular control issues [Source 2, Source 3].

## Related Healthcare Fields:

? Orthopedics: This specialty is needed to address the musculoskeletal aspects of the ankle sprain and potential corrective surgeries for chronic instability [Source 1].

? Physical Therapy: Physical therapists are crucial for rehabilitation, focusing on strengthening and stabilizing the ankle joint [Source 2].

? Neurology: Neurological assessment can help address the foot drop and potential nerve involvement causing it [Source 3].

? Podiatry: Podiatrists can assist with foot mechanics, orthotic management, and gait correction associated with leg length discrepancy [Source 2].

## Devices needed:

? MRI: MRI is useful for detailed imaging of ankle structures to assess ligament integrity and potential treatments [Source 2].

? Ultrasound: Ultrasound can help assess movement and detect abnormalities in the ankle ligaments dynamically [Source 1].

? Gait Analysis Equipment: Used to quantify and understand leg length discrepancy and its effect on mobility [Source 2].

? Stress Radiography: To evaluate the range of motion and structural stability of the ankle [Source 1].

## Urgency Level:

Level: Medium

Justification: Chronic ankle instability, if not addressed, can lead to more severe mobility issues and increased risk of reinjury. Timely management can prevent further complications [Source 1, Source 2].

Recommended Action: A comprehensive evaluation by an orthopedic specialist within the next 1-2 weeks to begin a personalized rehabilitation program.

Move to requests to **Accept** or **Decline** patient