



1. [REDACTED]



Nice to meet you. I'm Dr. Taka Ogawa. Please, have a seat.



Good to see you again, [PATIENT]. How have you been? It's good to see you again. Let's see how you're doing.

2. [REDACTED]



What brings you in today? What's the main problem you're experiencing? Tell me about what's been bothering you. What would you like me to help you with today?



What activities have become difficult for you? What's the biggest limitation in your daily life right now?

3. [REDACTED]



Where exactly do you feel the pain? Can you point to it? Does the pain stay in one place, or does it spread or radiate?



When did this start? Was there a specific injury or event that triggered it? Has it been getting better, worse, or staying about the same? Does it come and go, or is it constant?



How far can you walk before it becomes a problem? Are stairs difficult for you? Can you stand for long periods? Does it affect your sleep? Have you had to change your activities at work or home?



What makes it better? Rest, medication, or specific positions? Is it worse in the morning, during the day, or at night?



Have you noticed any swelling? Does the swelling get worse during the day? Is the area warm or red? Does it feel stiff, especially in the morning?



Do you have any numbness or tingling? Any weakness or feeling of instability? Does it feel like pins and needles?

[REDACTED]

Have you tried any treatments for this? How long did you try [TREATMENT]? Did it help at all? Are you currently taking any medications for this?

[REDACTED]

[REDACTED]

I can see some swelling here. There's tenderness when I press here. The range of motion is a bit limited. The alignment looks [normal / slightly off]. I notice [DEFORMITY / SWELLING / SKIN CHANGES].

[REDACTED]

Thank you. That's helpful. Let me explain what I found.

5. [REDACTED]

[REDACTED]

Essentially, this means [SIMPLE EXPLANATION IN PLAIN LANGUAGE].

[REDACTED]

Plantar fasciitis Achilles tendinopathy Ankle instability Hallux valgus (bunion) Osteoarthritis

[REDACTED]

6. [REDACTED]

[REDACTED]

The results should be available in about [TIMEFRAME].

[REDACTED]

The X-ray shows [FINDING IN PLAIN LANGUAGE]. The MRI confirms [DIAGNOSIS] and shows [RELEVANT DETAILS].

7. [REDACTED]

[REDACTED]

Most people improve with these conservative measures.

[REDACTED]

This should help with [SPECIFIC SYMPTOM].

[REDACTED]

We'll try this for [DURATION], and then we'll reassess.

— 1 —

A horizontal row of twelve solid black squares arranged side-by-side.

Benefits Risks Natural history (■■■■■■■■)

[REDACTED]

You'll be in a [CAST / BOOT / SPLINT] for [DURATION]. Physiotherapy will start at [TIMEFRAME] and focus on [GOALS]. You'll need to take [DURATION] off work, depending on your job.

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9. [REDACTED]

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Please make an appointment for [DATE / TIMEFRAME].

If-Then

[REDACTED]

10.

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How are you feeling after the surgery? How is the pain? Is it manageable? Are you able to follow the weight-bearing restrictions? Any concerns or problems?

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The wound is healing well.

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Continue with the exercises we discussed. We'll see you again in [TIMEFRAME] to check your progress.

11. [REDACTED]

Black Box

Q: How long will this take to get better?

— 1 —

Q: Can I still exercise / play sports?

[REDACTED]

Q: Can I still work?

[REDACTED]

Q: Do I really need surgery?

[REDACTED]

Q: What can I take for the pain?

12. [REDACTED]

[REDACTED]

Is there anything else you'd like to know?

[REDACTED]

Have a good day, and take care of yourself.

13. [REDACTED]

[REDACTED]

[REDACTED]

14. [REDACTED]

[REDACTED]

[REDACTED]

What are your main worries? Let's address them one by one.

[REDACTED]

We'll monitor you closely and adjust the treatment as needed.

15. [REDACTED]

[REDACTED]

Listen actively Use plain language Check for understanding Be empathetic Set realistic expectations

[REDACTED]

[REDACTED]

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Where does it hurt? Can you show me where the pain is? Point to where it's most painful.

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Does that make sense? Are you with me so far? Do you follow what I'm saying?

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Does that sound reasonable? Are you comfortable with this plan? Does this work for you?

Tell me more about that. Can you give me more details? What else should I know?

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