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11/11/2016

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

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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?

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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].

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

5. ■■■■■■

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

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

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6. ■■■■■■■■■■

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The results should be available in about [TIMEFRAME].

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

7. ■■■■■■■■■■

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Most people improve with these conservative measures.

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This should help with [SPECIFIC SYMPTOM].

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

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

■■■■■■■■■

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. ■■■■■■■■■■■■■■■■

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Please make an appointment for [DATE / TIMEFRAME].

■■■■■■■If-Then■

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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. ■■■■■■■■■■■■■■■■

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Q: How long will this take to get better?

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Q: Can I still exercise / play sports?

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Q: Can I still work?

■■■■■■■

Q: Do I really need surgery?

■■■■■

Q: What can I take for the pain?

12. ■■■■■■

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Is there anything else you'd like to know?

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Have a good day, and take care of yourself.

13. ■■■■■■■■■■■■

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14. ■■■■■■■■■■

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

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

15. ■■■■■■■■

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

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

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

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?