

Common Injuries

Poor Leg Health

Osteoarthritis

Dx: _____

At discretion Extremity: Left Right

Wrist/Thumb

- Carpal tunnel splint
- Tendonitis wrist brace
- Thumb-support/spica
- Fracture splint

Neck / Shoulder

- Cervical collar/ Miami J
- Clavicle fracture brace
- Rotator cuff brace
- Post stroke support

Back

- Lumbar support brace
- Thoracic / Osteoporosis
- Sacro-iliac belt
- Rib/Abdominal binder

Elbow

- Epicondylitis clasp/brace
- Compression sleeve
- Padded ulnar sleeve
- Ulnar night splint

Ankle

- Chronic sprain brace
- Acute sprain brace
- Tib/Fib. fracture boot
- Drop foot splint

Knee

- ACL/MCL/Meniscus
- Hinged knee brace
- Patella stabilizer support
- Compression sleeve

Injury management

- Reusable ice packs/wraps
- Automatic moist heat pad
- TENS unit
- Topical pain relief gel

Foot

- Custom made orthotics
- OTC insoles / footwear
- Plantar fasciitis splint
- Met. fracture boot

Other: _____

Dx: _____

Rx: **Compression Stockings**

Style

- Knee Thigh Pantyhose Maternity

Compression Level

15-20mmHg

Tired, aching legs, mild varicosities, prophylactic treatment during pregnancy.

20-30mmHg

Light venous insufficiency, prophylactic treatment during pregnancy, mild varicosities without tendency toward edema, hereditary tendency toward varicose veins, post sclerotherapy.

30-40mmHg

Chronic venous insufficiency, tendencies toward edema, post-thrombosis, post-sclerotherapy, post-phlebectomy, varicosities during pregnancy, venous ulcer (healed).

40-50mmHg

After treatment of severe ulcerations, severe tendencies toward edema, lymphedema, severe chronic venous insufficiency.

Other Recommendations

- Tips for travelling
- Tips for pregnancy
- Exercises to maintain healthy legs

Dx: _____

Extremity	Compartment	Stage
<input type="checkbox"/> Left	<input type="checkbox"/> Medial	<input type="checkbox"/> Mild
<input type="checkbox"/> Right	<input type="checkbox"/> Lateral	<input type="checkbox"/> Moderate
	<input type="checkbox"/> Patella	<input type="checkbox"/> Severe

X-Ray Results available Yes No

Knee Bracing

- Unloader brace (Unicompartment only)
 - 30 Day Trial Program
- Hinged brace for stability
- Compression sleeve
- Patella control brace

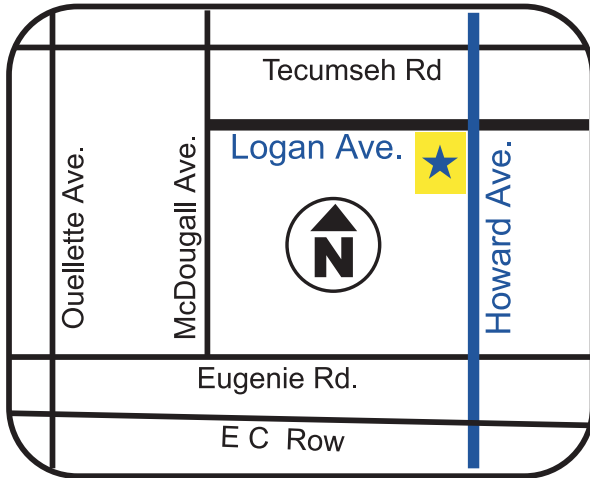
Pain Management

- Reusable ice packs/wraps
- Automatic moist heat packs
- TENS unit
- Topical pain relief gel

Gait, Balance & Fall Prevention

- Moore Balance Brace - AFO
- Walking poles (Nordic Walking)
- Proper footwear Orthotics
- Cane Portable walker
- Assistive seating Car mobility aids
- Hip protectors Gait assessment

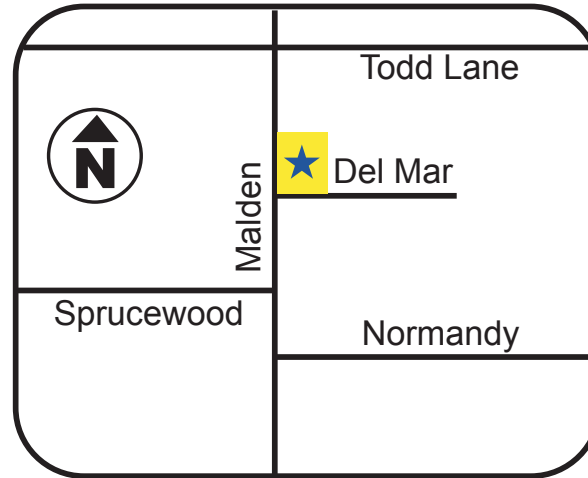
Windsor



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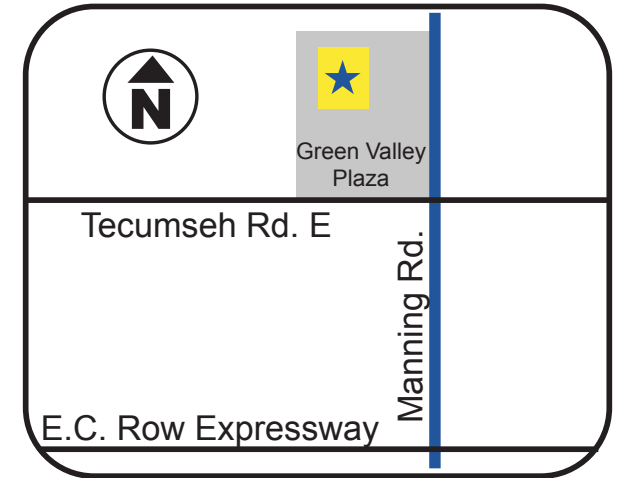
Lasalle



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