

| Ankle Database Format  |        |                |                         |                           |                       |               |  |
|--|--------|----------------|-------------------------|---------------------------|-----------------------|---------------|--|
| Date   | Name   | Pain<br>0 > 10 | Ankle<br>Lymph<br>Edema | Lat Coll<br>Lig<br>Tender | Med Col Lig<br>Tender | IOM<br>Tender | Treatment  |
| 44 yo RH glass artist c chronic sprained R ankle p surgical repair ("tightening" of lat col lig) |        |                |                         |                           |                       |               |  |
| 11/26/08   | Xx Yyy | R Lat 2+       | R Lat 3+                |                           |                       | 0+            | Dx: R Ankle<br>LCL Sprain  |
| 12/09/08   |        |                |                         |                           |                       | 0+            | Dx: R Ankle<br>LCL Sprain<br>#1 P2G 50:50<br>R Lat mal/ST            |
| 12/30/08   |        | R Lat<br>1+occ | R Lat 2+                | RL 2-3+                   |                       | 0+            | Dx: R Ankle<br>LCL Sprain<br>#2 P2G 50:50<br>R Lat mal/ST            |
| 1/21/09  |        | R Lat 2+       | R Lat ½ +               | RL 1-2+                   |                       |               | Dx: R Ankle<br>LCL Sprain<br>#3 P2G/Pum<br>50:50:qtt<br>R Lat mal/ST |
| 03/25/09   |        | R Lat<br>3+occ | R Lat ½ +               | RL 1+                     |                       |               | Dx: R Ankle<br>LCL Sprain<br>#4 P2G 50:50<br>R Lat mal/ST            |
| 02/17/10   |        | R Lat<br>0+ !! | R 0 !!                  | RL 0 !!                   |                       |               | Dx: R Ankle<br>LCL Sprain<br><br>Rec PT                              |

|                  |                                   |                   |                  |
|------------------|-----------------------------------|-------------------|------------------|
| c = with         | LCL = lateral collateral ligament | R = right         | ST = sinus tarsi |
| col = collateral | mal = malleolus                   | Rec = Recommend   | yo = year old    |
| lat = lateral    | PT = Physical Therapy/Rolfing     | RH = right handed |                  |