



# Neuroma Visit 1

## History - MA

### Vitals

- BP
- Respirations
- Pulse
- Height/Weight

### Allergies

- Medication History
- Past Medical History
- Past Surgical History
- Family history
- Social history
- Review of Systems

CC: Neuroma

## Is Patient Diabetic?

### Control?

- Diet
- Oral med
- Insulin

### How long?

Add diabetic history CC

Last blood sugar

Last Hemoglobin A1c

Last time they saw their Physician

## X-Ray

AP and lateral weightbearing

Rule out stress fracture

## Powersteps

3/4 vs Full-length based on shoes

Controls the mechanics that causes the inflammation

## Dr. Jill's Ball of Foot Pads

Supports the metatarsal arch

## Thera-Band Kit

Foot roller: 10-15 times in morning, 10 minutes on frozen roller in evening  
 Biofreeze roll-on: topical anti-inflammatory to be used 2-3 times per day  
 Theraband: stretching and strengthening exercises in pamphlet

## Rx for anti-inflammatory medications

Medrol dosepak #1 dosepak Use as directed

Piroxicam 20mg #30 1 cap once daily with food

## Follow up in 2 weeks

Important to follow up to ensure our treatment is effective and we get you healed as quickly as possible