| Nam | ed Condition $\wedge$ |
| :---: | :---: |
| - $\square$ Achilles Tendonitis |  |
| $\square$ | Difficult Going To The Bathroom |
| L B | Gastrocnemius Problems |
| L , R | Knee Pain - Only While Running |
| $\square$ | Lower Back Beltline Area Both Sides |
| L R | Pain In Low Back |
| L , R | Pain In The Foot |
| L , R | Pain In The Lateral Ankle |
| L , R | Pain In The Medial Ankle |
| L B | Piriformis Problems |
| L R | Plantar Fasciitis |
| L R | Sciatica - Goes Into Lower Lateral Leg, Top Of Foot, Or Big Toe |
| $\square$ | Sciatica - Goes Into Medial Lower Leg |
| L B | Shin Splints |
| L R | Tibial Tuberosity Pain |

## Nerve Pain

L B Bottom Of The Foot
$\square$ Close To The Midline Over The Sacrum
$\square \square$ In The Big Toe
$\square \square$ In The Little Toe
$\square \square$ Lateral Side Of The Foot
ㅁ Lower Lateral Leg
ㄴ Medial Lower Leg
$\square$ B Posterior Calf
ㄴ Posterior Thigh
$\square \square$ Top Of The Foot

## Painful or weak $\wedge$ movement

$\square \square$ Ankle Dorsiflexion With Inversion - Pain Walking On Heels

ㄴ Big Toe Flexion
$\square \square$ Hip Abduction With Medial Rotation - Karate Kick To The Side
$\square \square$ Hip Extension With Knee Flexion Pain While Running
$\square \square$ Hip Extension With Lateral Rotation - 1St Baseman Stretching For A BallHip Flexion - Putting On Pants
( $\quad$ B Hip Lateral Rotation
$\square \square$ Knee Pain While Extending
L B Toe Extension
( $\quad$ R Toe Flexion

