Lower Legs and Feet

■ Hip Flexion - Putting On Pants

Rnee Pain While Extending

R Hip Lateral Rotation

R Toe Extension

■ Toe Flexion

Named Condition	^		Nerve Pain ^
Achilles Tendonitis			■ Bottom Of The Foot
☐ Difficult Going To The Bathroo	om		Close To The Midline Over The Sacrum
☐ R Gastrocnemius Problems			L R In The Big Toe
L R Knee Pain - Only While Runnin	ng		In The Little Toe
Lower Back Beltline Area Both Sides	ı		L R Lateral Side Of The Foot
☐ R Pain In Low Back			L R Lower Lateral Leg
■ Pain In The Foot			L R Medial Lower Leg
□ R Pain In The Lateral Ankle			■ Posterior Calf
R Pain In The Medial Ankle			Posterior Thigh
■ Piriformis Problems			■ Top Of The Foot
Plantar Fasciitis			Painful or weak ^
Sciatica - Goes Into Lower Late Leg, Top Of Foot, Or Big Toe	eral		movement
Sciatica - Goes Into Medial Log	wer		Ankle Dorsiflexion With Inversion - Pain Walking On Heels
Shin Splints			■ Big Toe Flexion
■ Tibial Tuberosity Pain			Hip Abduction With Medial Rotation - Karate Kick To The Side
		1	Hip Extension With Knee Flexion - Pain While Running
			Hip Extension With Lateral Rotation - 1St Baseman Stretching For A Ball