

Veteran's Details

Claimant Report - Running or Weight Bearing on the Foot Plantar Fasciitis

This form is in connection with your claim for pension and medical treatment and the information you supply will assist in deciding eligibility for benefits under the Veterans' Entitlements Act 1986 and/or Military Rehabilitation and Compensation Act 2004. In the event of an appeal against a decision, this information may be provided to the Veterans' Review Board, Administrative Appeals Tribunal or Federal Court

Surname	Given Na	mes	DVA File Number
required includi	or: please edit and/or delete ng alternate figures for the s of proof are applicable you s thesis SOP**	standard/s of proof that ap	ply to the claim. If
1. When we possible)	ere the symptoms of plantar f	asciitis first noticed? (Pleas	se be as specific as
	eft foot//		
	there a history of running or the **3/6** months before the		
☐ Y	fo – <i>Please go to Q3</i> fes – Please provide details in ervice) during **3/6** monthere noticed.		<u> </u>
onth (include da	tes) Average number of kilometres per week		nson for running

	Is there a history of undertaking weight bearing exercise of the affected foot for a continuous period of at least one hour at least once per week over the **3/6** months before the first symptoms of plantar fasciitis were noticed, where this weight bearing exercise was at a rate of at least 5 METs and involved repeated lifting of the affected foot? *Note: A MET is a unit of measurement of the level of physical exertion (energy expended). Examples of exercise requiring 5 METs include: tenn (social singles or competitive doubles), ballroom dancing, or walking (brisk, or up stairs). No – Please go to Q4 Yes – Please provide details in the table below of all (service and non-service relevant weight bearing exercise during **3/6** months before the first symptoms of plantar fasciitis were noticed. Table of weight bearing exercise of at least 5 METs where the exercise was undertaken for a continuous period of at least one hour at least once per week for the **3/6** months before the first symptoms of plantar fasciitis						
	Dates		Type of exercise	How often was this activity undertaken for a period of at least one hour?	Place and reason for exercise		
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/	/	/	/				
/	/	/	/				
/	/	/	/				
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		uay	previous level of weight bearing activity
Date	Weight-bearing activity	Number of hours per day	Reason for activity and how it represents a **100/200** percent increase above previous level of weight bearing activity
_	leading to the symptoms of p	rovide full deta **100/200** polantar fasciitis,	tils in the table below of the circumstances ercent increase within the 7 days before the first including information about the level of weight g undertaken before the increase.
<u>sy</u> ir ao	ymptoms of plantar for the case of an office	asciitis were no e worker with a	y at least **100/200** percent to a minimum ours per day within the 7 days before the first oticed? Note: Such an increase would be evident sedentary lifestyle suddenly undertaking on and pushing a full wheel barrow for an

Activity/reason for prolonged weight bearin on the affected foot
 prolonged weight bearin

6. Die	Did plantar fasciitis clinically worsen?						
ш	☐ Yes – Please provide details, including the date of clinical worsening.						
		ft foot// ght foot//					
			verage at least **10/20** kilometres per clinical worsening of plantar fasciitis was				
	No-P	lease go to Q8					
		e) during **3/6** months b	e table below of all running (service and non- before the clinical worsening of plantar				
Month (inclu	ide dates)	Average number of kilometres per week	Place and reason for running				

w li pl in (b	ontinue onths leight b fting of nysical clude: orisk, of r v of weight	before to be aring for the affection tennis or up state of the affection o	riod of at least the clinical wor exercise was at fected foot? *Pon (energy experiment). ease go to Q9 lease provide do weight bearing any of plantar far far exercise of d of at least one	one hour at least once p sening of plantar fasciitis a rate of at least 5 MET Note: A MET is a unit of ended). Examples of exer- or competitive doubles), he etails in the table below of g exercise during **3/6** esciitis was noticed.	Ts and involved repeated measurement of the level of cise requiring 5 METs ballroom dancing, or walking all (service and non-service months before the clinical exercise was undertaken for teek for the **3/6** months
)	Dates		Type of exercise	How often was this activity undertaken for a period of at least one hour?	Place and reason for exercise
/ /	/	/			
/ /	/	/			
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9.	activity intensi worser in the cactiviti	Is there a history of increasing the frequency, duration or intensity of weight bearing activity involving the affected foot by at least **100/200** percent to a minimum intensity of 5 METs for at least 2 hours per day within the 7 days before the clinical worsening of plantar fasciitis was noticed? Note: Such an increase would be evident in the case of an office worker with a sedentary lifestyle suddenly undertaking activities such as digging in the garden and pushing a full wheel barrow for an extended period.								
		leading to the **100 clinical worsening o	e full details in <mark>/200** percen</mark> f plantar fasciit	the table below of the circumstances t increase within the 7 days before the is, including information about the level of ing undertaken before the increase.						
	Date	Weight-bearing activity	Number of hours per day	Reason for activity and how it represents a **100/200** percent increase above previous level of weight bearing activity						

0.	on a	a hard sur	face for at least 5 h d		aring on the affected foot while re days than not, for at least the antar fasciitis?
		non-s	-		elow - include all service and affected foot that meets these
			days than not, for the		d surface for at least 5 hours before the clinical worsening of
	Dates		Hours per day	Description of hard surface	Activity/reason for prolonged weight bearing on the affected foot
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Claimant's Signature
You are reminded that:The Declaration you signed on the claim form also covers the information you supply on this form.
• There are penalties for knowingly making false or misleading statements.
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