

BOTTOMS-UP EVALUATION

Date _____ Patient Name _____

WEIGHT _____ **SHOE SIZE** _____

PALPATION - PAIN ✖

HISTORY (5 POINTS FOR YES) POINTS: _____/5

I have had or currently have increased pain in my feet, ankles, knees, hips or back with standing/walking/running. YES NO

OBSERVATION (2 POINTS FOR EACH CHECKMARK) POINTS: : _____/(max10)

DJD – 1st met L R

DJD – Midfoot L R

Bunions L R

Hammer toes L R

Calluses L R



FOOT MOBILITY (3 POINTS FOR EACH CHECKMARK) POINTS: _____/(max12)

1. Big Toe Dorsiflexion: (Hallux Limitus/Rigidus)

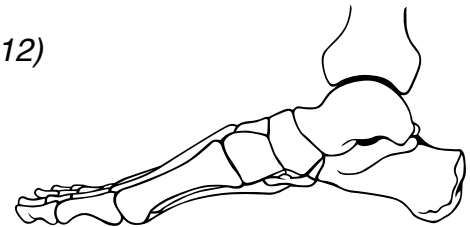
Non-weight bearing (less than 65 degrees) L R

Weight Bearing (less than 40 degrees) L R

2. Overall foot mobility (if moderate leave blank)

R – Very Flexible Very Rigid

L – Very Flexible Very Rigid



ARCH DROP (RECORD SCORE FROM REFERENCE CHART ON PAGE 2) POINTS: _____/20

Left Foot – Percentage Drop (Mojo pin system) _____ % OR Sit to Stand Drop _____ (mm)

Right Foot – Percentage Drop (Mojo pin system) _____ % OR Sit to Stand Drop _____ (mm)

STABILITY (3 POINTS FOR CHECKMARK) POINTS: _____/3

One leg stance (<10 sec) L R

TOTAL POINTS: _____ (÷ 50 × 100) = _____

Scoring System

0-20% - mild biomechanical deficiencies

21-50% - moderate (consider prefab)

51-100% - severe (consider custom orthotic)

BOTTOMS-UP EVALUATION (WHAT IT MEANS AND HOW TO SCORE IT)

HISTORY (5 POINTS FOR YES) POINTS: _____/5

Record 5 points for pain in feet, lower extremities, or back while standing or moving for long periods of time. Record Pain location on diagram.

OBSERVATION (2 POINTS FOR EACH CHECKMARK) POINTS: _____/(maximum 10 pts)

Record 2 points for each checked box. Maximum 10 points for this section.

FOOT MOBILITY (3 POINTS FOR EACH CHECKMARK) POINTS: _____/(maximum 12 pts)

Record 3 points for each checked box. Maximum 12 points for this section

ARCH DROP (RECORD SCORE FROM CHART BELOW) POINTS: _____/20

Use the chart below to record a score in this section. Add the scores from the left and right foot for a maximum score of 20. If you have the Mojo Matrix pin system use the first column. If not use the Navicular Drop ranges in the second column.

Mojo Pin System Percentage Drop (%)	Sit to Stand Navicular Drop (in mm)	Score to Record
0-30	0-5	0
31-50	6-15	5
51-100	>15	10

Notes: In the absence of other clinical data, the percentage arch drops from the Mojo pin system can be used as a standalone indicator of orthotic necessity. In general, a percentage drop of 0-30% indicates no intervention required in the absence of other clinical indicators. A percentage drop of 31-50% indicates that a prefabricated orthotic may suffice with this patient in the absence of other indicators. A percentage drop of greater than 50% indicates the need for custom orthotics. Other indicators that the patient will best benefit from a custom orthotic include: 1) large asymmetries right to left (greater than 10%) 2) foot and lower extremity pathology (i.e. plantar fasciitis) that is not resolving with treatment.

STABILITY (3 POINTS FOR CHECKMARK) POINTS: _____/3

Record 3 points if a box is checked. Check the box if the patient cannot stand on one leg (eyes open) for more than 10 seconds without using support or experiencing significant instability.

TOTAL POINTS: _____ (÷ 50 × 100) = _____ %

A score of 0-20% may indicate no in-shoe intervention is required. A score of 21-50% indicates moderate lower extremity biomechanical deficiencies and intervention with an in-shoe device is indicated (at minimum a prefabricated orthotic). A score of 51-100% indicates a high likelihood of lower extremity biomechanical deficiency and an in-shoe device is indicated (likely a custom orthotic). As always, use clinical judgement!