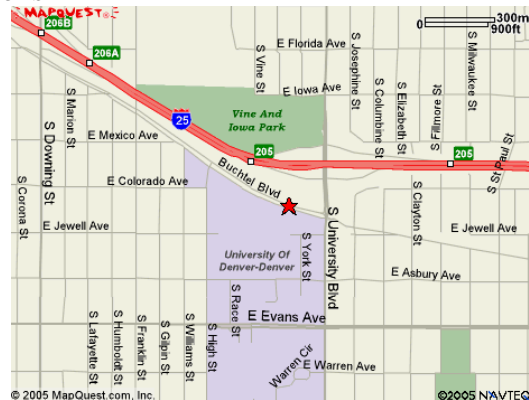


The Foot Mechanic

Directions



Phone: (303)807-3974



We are located at I-25 and University Blvd. in DU's Ritchie Center. The Ritchie Center is the University of Denver's athletic complex. It is highly visible from I-25 by looking directly south. It is a large stone and copper building. It has a tall bell tower on its western most side. We are located in the suite 1314. To access the Ritchie Center, exit off I-25 to University-South. If you are driving south to North on I-25, you will exit to your right and cross back under the highway heading south. If you are driving North to South, you will exit to your right heading south. In either case, you want to stay as far right on University as you can.....you will only be on University for a very short time. Immediately after exiting, you want to merge Right (West) onto Buchtel. This acts as a frontage road, paralleling I-25. Immediately after merging onto Buchtel, get in the far Left lane. You will be taking your first available Left into a circular "round-a-bout" which is directly in front of the Ritchie Center's northern entrance. Please park on the West side of the "round-a-bout." Please park in metered parking! There is a pre-pay parking kiosk on the West Side of the round-a-bout (please expect that we will consume around a little over an hour). Please be advised that if there happens to be an event (concert, hockey game, luncheon) occurring at the time you of your appointment and the parking services people are controlling the parking access, simply roll down your window and tell the attendant you are going into the **Physical Therapy Office for an appointment**. They have been instructed to let you through.

You are almost there! As you exit your car, you will see concrete stairs heading up to the ticket office and entrance. You want to enter just to the left of the stairs on the ground level through the six glass doors. *Do not go up the stairs!* Once in the building you want to enter the physical therapy/athletic training room door. This is the door next to the elevator. (Suite 1314)

If you have problems finding the correct office, ask for the physical therapy/athletic training room on the ground floor, or call us at (303)807-3974.

Dr. Brett Purdom, DPT, ATC, CSCS
The Foot Mechanic
www.thefootmechanic.com

As we, at The Foot Mechanic®, are extremely interested in our ability to help you with your biomechanical issues, we ask that you take a moment to fill out the following survey. This survey allows us to quantify your function. Following your visit, we shall use the numbers generated from this tool in assessing how much we at The Foot Mechanic® were able to help you.

Please fill this survey out and either mail, or e-mail it back to us. We always value and appreciate your responses.

Survey:

We are interested in knowing whether you are having any difficulty at all with the activities listed below because of your lower limb problem for which you are currently seeking attention. Please provide an answer for each activity.

Name: _____

Today, do you or would you have any difficulty at all with:

	Activities	Extreme Difficulty or Unable to Perform Activity	Quite a Bit of Difficulty	Moderate Difficulty	A Little Bit of Difficulty	No Difficulty	Write or Type in Answer
a.	Any of your usual work, household work or school activities?	0	1	2	3	4	
b.	Your usual hobbies, recreational or sporting activities	0	1	2	3	4	
c.	Getting into or out of the bath	0	1	2	3	4	
d.	Walking between rooms.	0	1	2	3	4	
e.	Putting on your shoes or socks.	0	1	2	3	4	
f.	Squatting.	0	1	2	3	4	
g.	Lifting an object, like a bag of groceries from the floor.	0	1	2	3	4	
h.	Performing light activities around your home.	0	1	2	3	4	
i.	Performing heavy activities around your home.	0	1	2	3	4	
j.	Getting into or out of a car.	0	1	2	3	4	
k.	Walking 2 blocks.	0	1	2	3	4	
l.	Walking a mile.	0	1	2	3	4	
m.	Going up or down 10 stairs (about 1 flight of stairs).	0	1	2	3	4	
n.	Standing for 1 hour.	0	1	2	3	4	
o.	Sitting for 1 hour.	0	1	2	3	4	
p.	Running on even ground.	0	1	2	3	4	
q.	Running on uneven ground.	0	1	2	3	4	
r.	Making sharp turns while running fast.	0	1	2	3	4	
s.	Hopping.	0	1	2	3	4	
t.	Rolling over in bed.	0	1	2	3	4	
						Column Total:	

Please e-mail to: reports@thefootmechanic.com

Mail to:

The Foot Mechanic®
 c/o Reports
 8245 E. 28th Ave
 Denver, CO 80238

