

*Transdermal Verapamil 15% Gel*

# Helpful Tools

for Plantar Fibromatosis

## Table of Contents

The tools in this packet will help you save money and communicate better with your doctor about your condition and improvements as you go through treatment. Click on a link below to view a section of this packet.

[Symptom checklist](#) - This checklist of common symptoms of plantar fibromatosis will help you provide specifics about your condition to your doctor.

[Questions for the doctor](#) - This tool includes questions that doctors are often asked by plantar fibromatosis patients that you may want to ask your doctor as well as space for you to write down your own questions.

[Progress report card](#) - Use this tool to track and communicate with your doctor what changes and improvements you are seeing in your condition at each office visit.

## Plantar Fibromatosis Symptom Checklist

Use the checklist of common symptoms below to help your doctor understand what you are experiencing and how your condition is affecting you. This will help them to decide what the best possible treatment options are for your specific case.

### Symptoms

#### Left Foot

Firm lumps

How many? \_\_\_\_\_

Where is it located? \_\_\_\_\_

Pain with activity (walking, etc.)

On a scale of 1 to 10 how severe is the pain?

\_\_\_\_\_

Pain while at rest

On a scale of 1 to 10 how severe is the pain?

\_\_\_\_\_

#### Right Foot

Firm lumps

How many? \_\_\_\_\_

Where is it located? \_\_\_\_\_

Pain with activity (walking, etc.)

On a scale of 1 to 10 how severe is the pain?

\_\_\_\_\_

Pain while at rest

On a scale of 1 to 10 how severe is the pain?

\_\_\_\_\_

### Affect on Activity

How much did the discomfort from your plantar fibroma interfere with your normal work, including work outside the home and housework during the past week?

Not at all    A little bit    Moderately    Quite a bit    Extremely    Unable to work due to pain

How much does your plantar fibroma interfere with your life and ability to do what you want during the last week?

Not at all    A little bit    Moderately    Quite a bit    Extremely    It ruins everything

What was your level of participation in activity/recreation/sports during the last week?

- Full participation with minor to no discomfort
- Participation in most but not all activities with moderate discomfort
- Limited participation in some or few activities with moderate discomfort
- Great restriction in activities with moderate to severe pain
- Severe to total restriction in activities due to severe pain

Use this area to note anything else you have noticed.

## Questions for the Doctor

Most of us have visited our doctor and remembered the one question we really wanted to ask five minutes after we left. Using this tool will help make sure that you are prepared for your appointment and that you remember all of your questions.

Doctors are commonly asked the questions below about plantar fibromatosis. Check off the questions you want to be sure to ask:

- How did I get this condition?
- Are the lumps cancerous?
- Why are the lumps painful?
- Will the lumps get smaller on their own over time?
- I have lumps in my hands as well. Are they related?
- Are there other parts of the body that the condition can affect?
- Is the condition hereditary?
- What are the different treatment options?

Use this area to write down your specific questions.

## Progress Report Card

Before each visit with your doctor use this helpful tool to record the changes you have seen since your last visit. You might be surprised how quickly you can forget about symptoms as they improve. This list will help to identify improvements in areas that you may have forgotten about, or symptoms that are not improving that you need to talk to your doctor about.

Date: \_\_\_\_\_

### Fibroma

How many? \_\_\_\_\_

Are they smaller?  Yes  No

Approximately how much \_\_\_\_\_

Is it softer?  Yes  No

Approximately how much \_\_\_\_\_

Pain with activity (walking, etc.) on a scale of 1-10

\_\_\_\_\_

Pain while at rest on a scale of 1-10 \_\_\_\_\_

How much did the discomfort from your plantar fibroma interfere with your normal work, including work outside the home and housework during the past week?

- Not at all    A little bit    Moderately  
 Quite a bit    Extremely  
 Unable to work due to pain

How much does your plantar fibroma interfere with your life and ability to do what you want during the last week?

- Not at all    A little bit    Moderately  
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Date: \_\_\_\_\_

### Fibroma

How many? \_\_\_\_\_

Is it smaller?  Yes  No

Approximately how much \_\_\_\_\_

Is it softer?  Yes  No

Approximately how much \_\_\_\_\_

Pain with activity (walking, etc.) on a scale of 1-10

\_\_\_\_\_

Pain while at rest on a scale of 1-10 \_\_\_\_\_

How much did the discomfort from your plantar fibroma interfere with your normal work, including work outside the home and housework during the past week?

- Not at all    A little bit    Moderately  
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