



Cold Injury Residuals Claims Guide: Summary and Worksheets

Your own working pages. These are your notes in your own words. They are not a VA form, they are not sent to the VA, and nothing here is a medical finding or a prediction about your claim.

Start with the essentials

- 1 Build the exposure timeline**
Record where and when the cold exposure occurred, the conditions you remember, immediate symptoms, and any treatment. Use approximate dates when exact dates are unavailable.
- 2 Describe each affected body part separately**
Cold injury residuals can differ by hand, foot, ear, nose, or other area. Note the symptoms, objective findings, and daily effects for each one.
- 3 Connect current residuals to the available record**
Organize the records you have, mark what is missing or unverified, and take focused questions to an examiner, clinician, or representative.

How to use this packet

Complete only what helps you prepare. Use approximate dates when exact dates are unavailable. Mark records as missing or unverified instead of guessing.

The full guide, research, charts, rating discussion, sources, and current information remain online at:

<https://ratemyvso.net/dc/cold-injury-guide>



WORKSHEET 1 OF 5

Cold exposure and early symptoms

Optional working notes for Cold Injury Residuals. Write only what you know. Leave anything blank that does not apply.

Location, approximate date, weather or conditions, duration, and protective equipment if known

Immediate symptoms, field care, medical treatment, or duty changes

What continued or returned after the exposure, and when

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WORKSHEET 2 OF 5

Affected body parts and current findings

Optional working notes for Cold Injury Residuals. Write only what you know. Leave anything blank that does not apply.

Each affected body part and side

Pain, numbness, cold sensitivity, color or nail changes, sweating, or other symptoms actually experienced

Examination, imaging, sensory, tissue, or other findings recorded by a clinician

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WORKSHEET 3 OF 5

Function, flares, and treatment

Optional working notes for Cold Injury Residuals. Write only what you know. Leave anything blank that does not apply.

Effects on walking, standing, gripping, outdoor activity, work, or ordinary tasks

Cold-weather flares, frequency, duration, and recovery

Treatment, protective measures, response, and questions for the examination

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WORKSHEET 4 OF 5

Records and unanswered questions

Optional working notes for Cold Injury Residuals. Write only what you know. Leave anything blank that does not apply.

Record, date, source, and page if known

Do I have my own copy?

- | | |
|---|---|
| ☐ Not sure | ☐ I have a copy |
| ☐ Requested, still waiting | ☐ I do not have a copy |

Do I know whether the VA has it?

- | | |
|---|---|
| ☐ Unknown / not verified | ☐ Submission receipt available |
| ☐ Listed in my decision letter | ☐ Not submitted by me |

Missing records, request dates, and questions to follow up

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WORKSHEET 5 OF 5

Decision-letter reading sheet

Optional working notes for Cold Injury Residuals. Write only what you know. Leave anything blank that does not apply.

Letter date, condition, and what the VA decided

Reasons and evidence listed, with page numbers

Dates and instructions in the letter; questions for a representative

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