

Flatfoot (Pes Planus) 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. The full guide, with the research, charts and sources, stays on the website.

Start with the essentials

1 Keep the entry history visible

What the entrance examination recorded matters to this guide's discussion of soundness and aggravation. If you do not have that examination, mark it as unavailable.

2 Describe each foot separately

Record pain, activity limits, flares, and the response to prescribed supports for the left and the right foot. You do not need to assign yourself a rating label.

3 Separate the history from the medical explanation

A timeline describes what happened. Questions about diagnosis, progression, and a possible service-related connection belong with the clinician and the relevant guide sections.

Prepare: your own working pages

Optional. These are your own 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.

Entry examination and service timeline

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Do you have the entry examination? What does it record?

Changes during service, with dates or approximate dates

Later diagnoses, treatment, and records you can identify

Left and right foot notes

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Left foot: symptoms, standing/walking limits, and flares

Right foot: symptoms, standing/walking limits, and flares

Shoes, orthotics, or other treatment and the actual response

Exam and provider conversation

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Which findings are already documented, and where?

Changes or flares the examination day may not show

Questions about the history, progression, and available records

Records and unanswered questions

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Record, date, source, and page if known

Do I have my own copy?

Choose one



Do I know whether the VA has it?

Choose one



Missing records, request dates, and questions to follow up

Decision-letter reading sheet

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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
