

Back or Neck Strain Secondary to Ankle Limitation: 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

01 Service Connection

The ways a secondary connection can be established for this pairing.

02 Diagnosis and Evidence

Common symptoms and the evidence cited in published Board appeals.

03 Your History

What you experienced, what others observed, and what treatment changed.

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.

Three reminders while you prepare ×

1. Keep the two conditions separate

Record the history, diagnosis, symptoms, and treatment for Ankle Limitation and Back or Neck Strain separately before describing the possible relationship. Go to this part

2. Ask about causing and worsening separately

A clinician may need to address whether Ankle Limitation caused Back or Neck Strain, whether it worsened it, and what other explanations the record shows. Go to this part

3. Build the timeline from records you have

Mark missing or unverified records honestly. Research from published Board decisions describes the record reviewed; it does not predict an individual claim. Go to this part

Two-condition timeline

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Ankle Limitation: diagnosis, symptoms, treatment, and service-connected history

Back or Neck Strain: diagnosis, onset, symptoms, and treatment

When the second condition began or changed, and what records show at that time

Back or Neck Strain: symptoms and daily function

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Symptoms, findings, frequency, duration, and changes over time

Effects on work, sleep, mobility, relationships, and ordinary activities

Testing, treatment, medicines, devices, and response

Provider questions about the relationship

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Questions and records about whether Ankle Limitation caused Back or Neck Strain

Questions and records about whether Ankle Limitation worsened Back or Neck Strain

Other explanations, baseline history, treatment effects, and missing evidence the provider should consider

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
