

# Back or Neck Strain Secondary to Flatfoot: 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.

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## 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 Flatfoot 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 Flatfoot 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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Flatfoot: diagnosis, symptoms, treatment, and service-connected history

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

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

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## Back or Neck Strain: symptoms and daily function

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

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

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Testing, treatment, medicines, devices, and response

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## Provider questions about the relationship

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Questions and records about whether Flatfoot caused Back or Neck Strain

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Questions and records about whether Flatfoot worsened Back or Neck Strain

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

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## Records and unanswered questions

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Record, date, source, and page if known

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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

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## Decision-letter reading sheet

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Letter date, condition, and what the VA decided

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Reasons and evidence listed, with page numbers

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Dates and instructions in the letter; questions for a representative

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