

Top 10 Questions Adventure Travelers Should Ask When Going to The Doctor

1. If you didn't have any foot pain what would your goal be?

(how often do you want to hike, paddle, etc. what adventure, how far, and when?)

The reason I am here today is that my foot hurts but I want to: _____

2. So far I have tried these treatments that seemed to decrease the discomfort in my foot:

3. I also tried these other treatments that did not help at all:

4. These are the activities I can currently do without any pain at all:

5. *Doctor, what do you believe my diagnosis to be.* (write it down when the doctor tells you)

6. *Doctor, are you 100% certain that is the correct diagnosis. If not how could you be sure?*

7. *Is there any way I could go on this trip without the risk of failing to achieve my goal?*

8. What else can I do to maintain my hiking fitness while this injury heals?

9. How will I be able to tell when I can safely resume hiking, backpacking or biking?

10. Can you think of any other advanced treatments (covered by insurance, or not) which might help me heal faster?

