

ANKLE / FOOT FUNCTIONAL ASSESSMENT

Name: _____

Date: _____

Instructions: When your ankle / foot hurts, you may find it hard to do some of the things you usually do. The list below contains some sentences people have used to describe themselves when they have ankle / foot pain. Some sentences may describe you today. When you read a sentence that describes you today, put an "X" in the box beside it. If it does not describe you today, leave the space beside it blank. *Check only sentences that describe you today.*

- I stay home most of the time because of my ankle / foot.
- When I sit, I change position frequently to get my ankle / foot comfortable.
- I walk more slowly than usual because of my ankle / foot.
- Because of my ankle / foot, I am not doing any of the jobs that I usually do around the house.
- Because of my ankle / foot, I use the handrail on stairs.
- Because of my ankle / foot, I lie down and rest more often.
- Because of my ankle / foot, I have difficulty getting out of an easy chair.
- I get dressed more slowly than usual because of my ankle / foot.
- Because of my ankle / foot, I try to get other people to do things for me.
- I only stand for short periods of time because of my ankle / foot.
- I find it difficult to get out of a chair because of my ankle / foot.
- Because of my ankle / foot, I try not to squat down.
- My ankle / foot is painful almost all of the time.
- Running is difficult because of my ankle / foot.
- My appetite is not good because of my ankle / foot.
- I have trouble putting my shoes and socks on because of my ankle / foot.
- I walk only short distances because of my ankle / foot.
- I sleep less because of my ankle / foot.
- Because of my ankle / foot pain, I get dressed with help from someone else.
- I sit down for most of the day, because of my ankle / foot.
- Because of my ankle / foot, it takes me longer to get going in the mornings.
- Because of my ankle / foot pain, I am more irritable and bad tempered with people than usual.
- Because of my ankle / foot, it is difficult to go down stairs.
- I need to modify my fitness activities because of my ankle / foot.