## Foot and Ankle Ability Measure (FAAM) Activities of Daily Living Subscale

Please Answer <u>every question</u> with <u>one response</u> that most closely describes your condition within the past week.

If the activity in question is limited by something other than your foot or ankle mark "Not

Applicable" (N/A).

	No Difficulty	Slight Difficulty	Moderate Difficulty	Extreme Difficulty	Unable to do	N/A
Standing						
Walking on even Ground						
Walking on even ground without shoes						
Walking up hills						
Walking down hills						
Going up stairs						
Going down stairs						
Walking on uneven ground						
Stepping up and down curbs	s 🗆					
Squatting						
Coming up on your toes						
Walking initially						
Walking 5 minutes or less						
Walking approximately 10 minutes						
Walking 15 minutes or greater						

## Foot and Ankle Ability Measure (FAAM) Activities of Daily Living Subscale Page 2

Because of your foot and ankle how much difficulty do you have with:

	No Difficulty at all	Slight Difficulty	Moderate Difficulty	Extreme Difficulty	Unable to do	N/A		
Home responsibilities								
Activities of daily living								
Personal care								
Light to moderate work (standing, walking)								
Heavy work (push/pulling, climbing, carrying)								
Recreational activities								
How would you rate your current level of function during you usual activities of daily living from 0 to 100 with 100 being your level of function prior to your foot or ankle problem and 0 being the inability to perform any of your usual daily activities.								
0%								

Martin, R; Irrgang, J; Burdett, R; Conti, S; VanSwearingen, J: Evidence of Validity for the Foot and Ankle Ability Measure. Foot and Ankle International. Vol.26, No.11: 968-983, 2005.

## Foot and Ankle Ability Measure (FAAM) Sports Subscale

Because of your foot and ankle how much difficulty do you have with:

	No Difficulty at all	Slight Difficulty	Moderate Difficulty	Extreme Difficulty	Unable to do	N/A		
Running								
Jumping								
Landing								
Starting and stopping quickly								
Cutting/lateral Movements								
Ability to perform Activity with your Normal technique								
Ability to participate In your desired sport As long as you like								
How would you rate your current level of function during your sports related activities from 0 to 100 with 100 being your level of function prior to your foot or ankle problem and 0 being the inability to perform any of your usual daily activities? 0%								
Overall, how would you rate your current level of function?								
□ Normal □ Nearly Normal □ Abnormal □ Severely Abnormal								

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