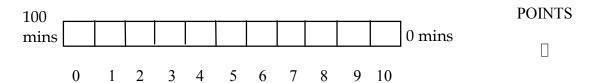
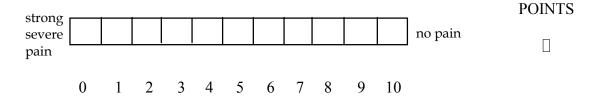
The VISA-A questionnaire: An index of the severity of Achilles tendinopathy

IN THIS QUESTIONNAIRE, THE TERM PAIN REFERS SPECIFICALLY TO PAIN IN THE ACHILLES
TENDON REGION

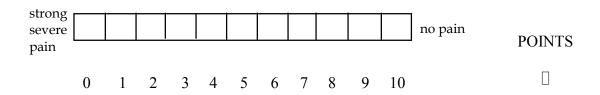
1. For how many minutes do you have stiffness in the Achilles region on first getting up?



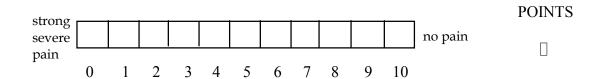
2. Once you are warmed up for the day, do you have pain when stretching the Achilles tendon fully over the edge of a step? (keeping knee straight)



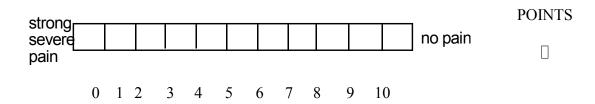
3. After walking on flat ground for 30 minutes, do you have pain within the next 2 hours? (If unable to walk on flat ground for 30 minutes because of pain, score 0 for this question).



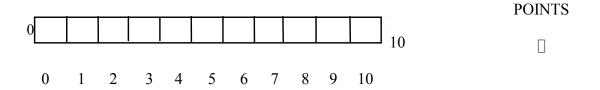
4. Do you have pain walking downstairs with a normal gait cycle?



5. Do you have pain during or immediately after doing 10 (single leg) heel raises from a flat surface?



6. How many single leg hops can you do without pain?



- 7. Are you currently undertaking sport or other physical activity?
- 4  $\square$  Modified training  $\pm$  modified competition  $\square$
- 7  $\Box$  Full training  $\pm$  competition but not at same level as when symptoms began
- 10 Competing at the same or higher level as when symptoms began

8. Plo	If you have complete (If you have not stop y If you have please complete complete the complete t	Q8a only. e pain while nou from come pain that stapped on the pain that stapped Q8c on	ile undertaking undertaking pleting the a ops you fron ly	ing Achilles Achilles te ctivity, plea	s tendon loading same complete Que Achilles ten	don loading sports,
140	long can you train/practise?					
	NIL	1-10 mins	11-20 mins  [] 14	21-30mins	>30 mins  [] 30	POINTS
В.	OR If you have some pain while undertaking Achilles tendon loading sport, but it does not stop you from completing your training/practice for how long can you train/practise?  POINT					
	NIL □ 0	1-10 mins	11-20 mins	21-30mins	>30 mins  [] 20	
C.	OR If you have pain that stops you from completing your training/practice in tendon loading sport, for how long can you train/practise?					
	NIL	1-10 mins	11-20 mins	21-30mins	>30 mins  [] 10	POINTS
			T	OTAL SCO	ORE ( /100	) [ %