Foot and Ankle Ability Measure

Please answer every question with one response 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).

Activities of Daily Living Subscale

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

		No Difficulty	Slight Difficulty	Moderate Difficulty	Extreme Difficulty	Unable To Do	N/A
		4	3	2	1	0	
1.	Standing						
2.	Walking on even ground						
3.	Walking on even ground without shoes						
4.	Walking up hills						
5.	Walking down hills						
6.	Going up stairs						
7.	Going down stairs						
8.	Walking on uneven ground						
9.	Stepping up and down curbs						
10.	Squatting						
11.	Coming up on your toes						

12.	Walking initially						
13.	Walking 5 minutes or less						
14.	Walking approximately 10 minutes						
15.	Walking 15 minutes or greater						
16.	Home responsibilities						
17.	Activities of daily living						
18.	Personal care						
19.	Light to moderate work (standing, walking)						
20.	Heavy work (push/pulling, climbing, carrying)						
21.	Recreational activities						
How would you rate your current level of function during your 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?							
Activities of Daily Living Total Score:							

Sports Subscale

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

		<u> </u>						
		No Difficulty	Slight Difficulty	Moderate Difficulty	Extreme Difficulty	Unable To Do	N/A	
		4	3	2	1	0		
1.	Running							
2.	Jumping							
3.	Landing							
4.	Starting and stopping quickly							
5.	Cutting/lateral movements							
6.	Ability to perform activity with your normal technique							
7.	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 sports related activities?								
	Sports Total Score:							
Overall, how would you rate your current level of function?								
□ Normal □ Nearly Normal □ Abnormal □ Severely Abnormal							ormal	

Interpretation

The score is represented on a 0-100 scale where 0 represents the least function and 100 represents the most function.

Minimally Clinically Important Difference (MCID)

Minimal Detectable Change (MDC)

Various Foot/Ankle Musculoskeletal Disorders:

MCID = 8 points (ADL Subscale) and 9 points (Sports Subscale)

MDC = 5.7 points (ADL Subscale) and 12.3 points (Sports Subscale)

These are published values for specific populations and provide guidance if the patient does not have the listed condition.

Selected References

 Martin RL, Irrgang JJ, Burdett RG, et al. Evidence of validity for the Foot and Ankle Ability Measure (FAAM). Foot Ankle Int. 2005;26(11):968-983. doi:10.1177/107110070502601113