

Foot and Ankle Ability Measure

THE FAAM

Instructions for completion of this questionnaire:

- **Please answer every question with ONE answer, based on your condition within the past week.**
- If the activity in question is limited by something other than your foot and ankle mark N/A ('not applicable').

PATIENT NAME: _____

DATE OF BIRTH: _____

DATE: _____

BODY PART: _____

How would you rate your foot or ankle today as a percentage of normal (0% to 100%), with 100% being normal?

Activities of Daily Living Subscale

	NO DIFFICULTY	SLIGHT DIFFICULTY	MODERATE DIFFICULTY	EXTREME DIFFICULTY	UNABLE TO DO	N/A
1. Standing	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>	-
2. Walking on even ground	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>	-
3. Walking on even ground without shoes on	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>	-
4. Walking up hills	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>	-
5. Walking down hills	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>	-
6. Going up stairs	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>	-
7. Going down stairs	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>	-
8. Walking on uneven ground	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>	-
9. Stepping up and down curbs	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>	-
10. Squatting	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>	-
11. Coming up on your toes	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>	-
12. Walking initially	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>	-
13. Walking 5 minutes or less	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>	-
14. Walking approx. 10 minutes	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>	-
15. Walking approx. 15 minutes	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>	-
16. Home responsibilities	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>	-
17. Activities of daily living	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>	-
18. Personal care	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>	-
19. Light to moderate work (standing, walking)	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>	-
20. Heavy work (push/pulling, climbing, carrying)	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>	-
21. Recreational activities	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>	-

ADL Score = _____

Sports Subscale

Complete this section only if you are involved in sports, otherwise skip this section.

	NO DIFFICULTY	SLIGHT DIFFICULTY	MODERATE DIFFICULTY	EXTREME DIFFICULTY	UNABLE TO DO	N/A
Running	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>	-
Jumping	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>	-
Landing	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>	-
Starting and stopping quickly	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>	-
Cutting/lateral movements	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>	-
Ability to perform activity with your normal technique	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>	-
Ability to participate in your desired sport as long as you like	4 <input type="checkbox"/>	3 <input type="checkbox"/>	2 <input type="checkbox"/>	1 <input type="checkbox"/>	0 <input type="checkbox"/>	-

Overall, how would you rate your current level of function?

- Normal (4)
 Nearly Normal (3)
 Abnormal (2)
 Severely Abnormal (1)

Sports Score: _____

For staff use ONLY:

SCORING:

ADL subscale: Scored from 4 to 0, with 4 being 'no difficulty' and 0 being 'unable to do'. N/A is not counted. The total number of items with a response is multiplied by 4 to get the highest potential score. The item score total is divided by the highest potential score. This value is then multiplied by 100 to get a percentage.

$$\text{ADL score} = (\text{sum of items}/84) \times 100$$

ADL subscale score = _____%

A higher score = a higher level of physical function

Sports subscale: Scored as above. The score on each item are added together to get the item score total. The number of items with a response is multiplied by 4 to get the highest potential score. The item score total is divided by the highest potential score. This value is then multiplied by 100 to get a percentage.

$$\text{Sports Subscale score} = (\text{sum of items}/32) \times 100$$

Sports subscale score = _____%

SANE (Single Assessment Numeric Evaluation):

_____%

STATISTICAL DATA:

MDC - (minimal detectable change):

ADL subscale = 6 pts; Sports subscale = 12 points

MCID - (minimal clinically important difference):

ADL subscale = 8 pts; Sports subscale = 9 points