

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	3	2	1	۰	-
2. Walking on even ground	4	3	2	1	0	1
3. Walking on even ground without shoes on	4	3	2		٥	1
4. Walking up hills	4	з 🗖	2	1	۰ 🗖	1
5. Walking down hills	4	з	2	1	۰.	•
6. Going up stairs	4	з	2	1	۰.	•
7. Going down stairs	4	з	2	1	۰.	-
8. Walking on uneven ground	4	з	2	1	۰.	-
9. Stepping up and down curbs	4	з	2	1	۰.	•
10. Squatting	4	з	2	1	۰.	•
11. Coming up on your toes	4	3	2	1	•	•
12. Walking initially	4	з	2	1	۰.	I
13. Walking 5 minutes or less	4	3	2	1	۰	-
14. Walking approx. 10 minutes	4	3	2	1	۰.	-
15. Walking approx. 15 minutes	4	3	2	1	۰.	-
16. Home responsibilities	4	3	2	1	۰.	-
17. Activities of daily living	4	3	2	1	۰	-
18. Personal care	4	з	2	1	۰.	-
19. Light to moderate work (standing, walking)	4	з 🗖	2	1	٥	-
20. Heavy work (push/pulling, climbing, carrying)	4	3	2		٥	-
21. Recreational activities	4	з	2	1	•	-

ADL Score = _____

Sports Subscale

	NO DIFFICULTY	SLIGHT DIFFICULTY	MODERATE DIFFICULTY	EXTREME DIFFICULTY	UNABLE TO DO	N/A
Running	4	з	2	1	0	-
Jumping	4	з 🗖	2	1	0	-
Landing	4	з	2	1	۰	-
Starting and stopping quickly	4	з 🗖	2	1	0	-
Cutting/lateral movements	4	з	2	1	0	-
Ability to perform activity with your normal technique	4	3	2	1	°	-
Ability to participate in your desired sport as long as you like	4	3	2	1	٥	-

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

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

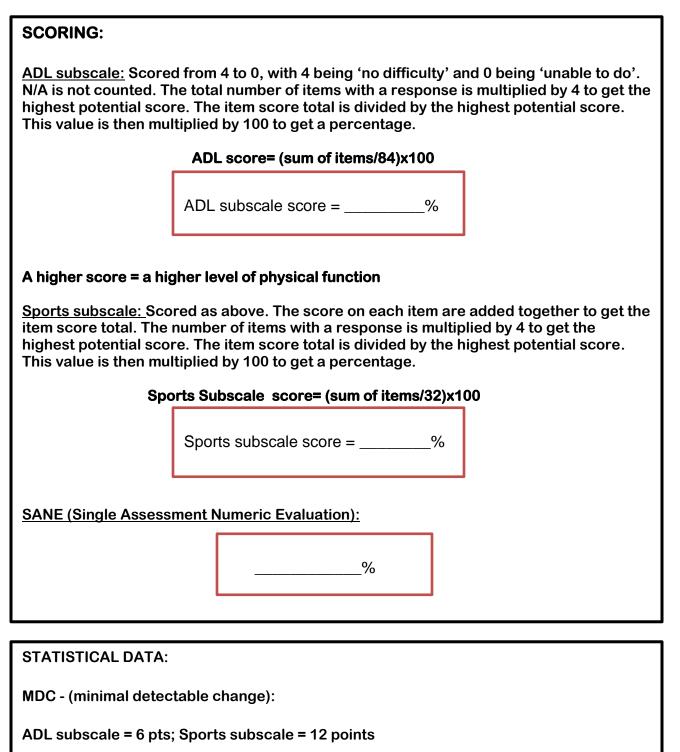
Normal (4)

Nearly Normal (3)

Abnormal (2)

Severely Abnormal (1)

Sports Score: _____



MCID – (minimal clinically important difference):

ADL subscale = 8 pts; Sports subscale = 9 points