

FOOT/ANKLE ASSESSMENT:

NAME:

Today's Date: __/__/_____

This is a questionnaire that assists you to “quantify” your foot &/or ankle problems.

The Foot/Ankle checklist: Read each description and tick inside the box which most closely corresponds to how you feel about each one in both regularity and severity sections. (You will have two ticks in each row next to each description, one for the regularity and one for the severity.)

	<u>REGULARITY</u>					<u>SEVERITY</u>				
	Never	Rarely	Sometimes	Often	Always	None	Mild	Moderate	Severe	Unbearable
Sore, aching &/or tired feet										
Foot flare (“duck feet”)										
Flat feet										
Uneven & quickly wearing shoes										
Painful arches										
Ankle &/or Achilles tendon pain										
Neck or Mid back pain										
Muscle aches, pains &/or fatigue										
Painful heels or spurs										
Bunions or corns										
Shin soreness or splints										
Leg cramps										
Knee pain, “knock knees” or “bow legs”										
Office Use Only										

	<u>REGULARITY</u>					<u>SEVERITY</u>				
	Never	Rarely	Sometimes	Often	Always	None	Mild	Moderate	Severe	Unbearable
Persistent hip, groin or low back pain										
Sway Back &/or Bad posture										
Only temporary relief from back treatment										
Back pain which increases when standing or walking										
One leg appears longer than the other										
Tired, fatigued &/or unwell										
Swelling &/or lumps & bumps developing on feet										
Achilles tendon pain										
Swelling &/or thickening of ankle joint/s										
Restricts social, family &/or recreational activities										
Restricts work, school &/or sporting activities										
Taking prescription &/or over the counter medications for problem										
Office Use Only	0	1X _ =	2X _ =	3X _ =	4X _ =	0	1X _ =	2X _ =	3X _ =	4X _ =

Office Use Only

A) Regularity Total = _____ B) Severity Total = _____ C) Total = _____

A) & B): I = 0-20, II = 21-40, III = 41-60, IV = 61-80, V = 81-100; C) I = 0-40, II = 41-80, III = 81-120, IV = 121-160, V = 161-200.