

Patient Name: _____ Date: _____

Please answer every question with one response that most closely describes your condition within the past week by marking the appropriate number in the box. If the activity in question is limited by something other than your foot or ankle, mark N/A.

- | | | |
|----------------------|-----------------------|-----------------|
| 0 Unable to do | 2 Moderate difficulty | 4 No difficulty |
| 1 Extreme difficulty | 3 Slight difficulty | |

Standing	
Walking on even ground	
Walking on even ground without shoes	
Walking on uneven ground	
Stepping up and down curves	
Sleeping	
Walking initially	
Walking approximately 10 minutes	
Home responsibilities	
Personal Care	
Heavy work (push/pulling, climbing, carrying)	
Walking up hills	
Walking down hills	
Going up stairs	
Going down stairs	
Squatting	
Coming up to your toes	
Walking 5 minutes or less	
Walking 15 minutes or greater	
Activities of Daily Living	
Light to moderate work (standing, walking)	
Recreational activities	

Sports Module:

Running	
Landing	
Cutting, lateral movements	
Ability to perform activity with your normal technique	
Jumping	
Squatting and stopping quickly	
Low-impact activities	
Ability to participate in your desired sports as long as you would like	

Pain related to the foot and ankle:

- | | | |
|---------------|-----------------|-----------|
| 0 Unbearable | 2 Moderate Pain | 4 No Pain |
| 1 Severe Pain | 3 Mild Pain | |

General level of pain	
Pain during your normal activity	
Pain at rest	
Pain first thing in the morning	

Office Use Only: Score: ____/136 points (FADI 104 points & SPORTS 32 points; No Disability 136)		
Number of PT Sessions: ____	Gender: M F	Age: ____
ICD-9 Code: _____	PT Initials: _____	

The Foot and Ankle Disability Index (FADI) Score and Sports Module

Reference for Score: Martin, R. L., Burdett, R. G., Irrgang, J. J. (1999). Development of the Foot and Ankle Disability Index (FADI). *J Orthop Sports Phys Ther*, 29:

http://www.orthopaedicscore.com/scorepages/foot_and_ankle_disability_index_fadi.html

retrieved 02/08/2010

Hale, S. A., & Hertel, J. (2005). Reliability and Sensitivity of the Foot and Ankle Disability Index in Subjects with Chronic Ankle Instability. *J Athl Train*, 40(1):35-40.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1088343/?tool=pubmed> retrieved 02/08/2010

Intraclass correlation coefficient (ICC) at one week: FADI 0.89, FADI Sport 0.84

Objective: assess functional limitations related to foot and ankle conditions.

Diagnosis: **chronic ankle instability (CAI)**

The FADI and FADI Sport are 1) reliable in detecting functional limitations in subjects with chronic ankle instability, 2) sensitive to differences between healthy subjects and subjects with CAI, and 3) responsive to improvement in function after rehabilitation in subjects with CAI.

Ankle sprains account for 15-45% of all sports injuries. 10-30% of these athletes will develop CAI.

Total Possible points: 136 (FADI 104 points & SPORTS 32 points)

Lower the number the greater the disability

MDC: ?