

Foot and Ankle Ability Measure (FAAM)

Please answer every question with one response that most closely describes your condition within the past week. If the activity in the question is limited by something other than your foot or ankle, mark not applicable (N/A).

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

Standing

- ☐ No Difficulty At All
- ☐ Slight Difficulty
- ☐ Moderate Difficulty
- ☐ Extreme Difficulty
- ☐ Unable to do
- ☐ N/A

Walking on even ground

- ☐ No Difficulty At All
- ☐ Slight Difficulty
- ☐ Moderate Difficulty
- ☐ Extreme Difficulty
- ☐ Unable to do
- ☐ N/A

Walking on even ground without shoes

- ☐ No Difficulty At All
- ☐ Slight Difficulty
- ☐ Moderate Difficulty
- ☐ Extreme Difficulty
- ☐ Unable to do
- ☐ N/A

Walking up hills

- ☐ No Difficulty At All

- ☐ Slight Difficulty
- ☐ Moderate Difficulty
- ☐ Extreme Difficulty
- ☐ Unable to do
- ☐ N/A

Walking down hills

- ☐ No Difficulty At All
- ☐ Slight Difficulty
- ☐ Moderate Difficulty
- ☐ Extreme Difficulty
- ☐ Unable to do
- ☐ N/A

Going up stairs

- ☐ No Difficulty At All
- ☐ Slight Difficulty
- ☐ Moderate Difficulty
- ☐ Extreme Difficulty
- ☐ Unable to do
- ☐ N/A

Going down stairs

- ☐ No Difficulty At All
- ☐ Slight Difficulty
- ☐ Moderate Difficulty
- ☐ Extreme Difficulty
- ☐ Unable to do
- ☐ N/A

Walking on uneven ground

- ☐ No Difficulty At All
- ☐ Slight Difficulty
- ☐ Moderate Difficulty
- ☐ Extreme Difficulty
- ☐ Unable to do
- ☐ N/A

Stepping up and down curbs

- ☐ No Difficulty At All
- ☐ Slight Difficulty
- ☐ Moderate Difficulty
- ☐ Extreme Difficulty
- ☐ Unable to do
- ☐ N/A

Squatting

- ☐ No Difficulty At All
- ☐ Slight Difficulty
- ☐ Moderate Difficulty
- ☐ Extreme Difficulty
- ☐ Unable to do
- ☐ N/A

Coming up on your toes

- ☐ No Difficulty At All
- ☐ Slight Difficulty
- ☐ Moderate Difficulty
- ☐ Extreme Difficulty
- ☐ Unable to do
- ☐ N/A

Walking initially

- ☐ No Difficulty At All
- ☐ Slight Difficulty
- ☐ Moderate Difficulty
- ☐ Extreme Difficulty
- ☐ Unable to do
- ☐ N/A

Walking 5 minutes or less

- ☐ No Difficulty At All
- ☐ Slight Difficulty
- ☐ Moderate Difficulty
- ☐ Extreme Difficulty
- ☐ Unable to do

☐ N/A

Walking approximately 10 minutes

- ☐ No Difficulty At All
- ☐ Slight Difficulty
- ☐ Moderate Difficulty
- ☐ Extreme Difficulty
- ☐ Unable to do
- ☐ N/A

Walking 15 minutes or greater

- ☐ No Difficulty At All
- ☐ Slight Difficulty
- ☐ Moderate Difficulty
- ☐ Extreme Difficulty
- ☐ Unable to do
- ☐ N/A

Home responsibilities

- ☐ No Difficulty At All
- ☐ Slight Difficulty
- ☐ Moderate Difficulty
- ☐ Extreme Difficulty
- ☐ Unable to do
- ☐ N/A

Activities of daily living

- ☐ No Difficulty At All
- ☐ Slight Difficulty
- ☐ Moderate Difficulty
- ☐ Extreme Difficulty
- ☐ Unable to do
- ☐ N/A

Personal care

- ☐ No Difficulty At All
- ☐ Slight Difficulty
- ☐ Moderate Difficulty

- ☐ Extreme Difficulty
- ☐ Unable to do
- ☐ N/A

Light to moderate work (standing, walking)

- ☐ No Difficulty At All
- ☐ Slight Difficulty
- ☐ Moderate Difficulty
- ☐ Extreme Difficulty
- ☐ Unable to do
- ☐ N/A

Heavy work (push/pulling, climbing, carrying)

- ☐ No Difficulty At All
- ☐ Slight Difficulty
- ☐ Moderate Difficulty
- ☐ Extreme Difficulty
- ☐ Unable to do
- ☐ N/A

Recreational activities

- ☐ No Difficulty At All
- ☐ Slight Difficulty
- ☐ Moderate Difficulty
- ☐ Extreme Difficulty
- ☐ Unable to do
- ☐ N/A

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 and ankle problem and 0 being the inability to perform any of your usual daily activities.

Answer: _____

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

Running

- ☐ No Difficulty At All

- ☐ Slight Difficulty
- ☐ Moderate Difficulty
- ☐ Extreme Difficulty
- ☐ Unable to do
- ☐ N/A

Jumping

- ☐ No Difficulty At All
- ☐ Slight Difficulty
- ☐ Moderate Difficulty
- ☐ Extreme Difficulty
- ☐ Unable to do
- ☐ N/A

Landing

- ☐ No Difficulty At All
- ☐ Slight Difficulty
- ☐ Moderate Difficulty
- ☐ Extreme Difficulty
- ☐ Unable to do
- ☐ N/A

Starting and stopping quickly

- ☐ No Difficulty At All
- ☐ Slight Difficulty
- ☐ Moderate Difficulty
- ☐ Extreme Difficulty
- ☐ Unable to do
- ☐ N/A

Cutting/lateral movements

- ☐ No Difficulty At All
- ☐ Slight Difficulty
- ☐ Moderate Difficulty
- ☐ Extreme Difficulty
- ☐ Unable to do
- ☐ N/A

Low impact activities

- ☐ No Difficulty At All
- ☐ Slight Difficulty
- ☐ Moderate Difficulty
- ☐ Extreme Difficulty
- ☐ Unable to do
- ☐ N/A

Ability to perform activity with your normal technique

- ☐ No Difficulty At All
- ☐ Slight Difficulty
- ☐ Moderate Difficulty
- ☐ Extreme Difficulty
- ☐ Unable to do
- ☐ N/A

Ability to participate in your desired sport as long as you would like

- ☐ No Difficulty At All
- ☐ Slight Difficulty
- ☐ Moderate Difficulty
- ☐ Extreme Difficulty
- ☐ Unable to do
- ☐ N/A

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 and ankle problem and 0 being the inability to perform any of your usual daily activities.

Answer: _____

How would you rate your current level of function

- ☐ Normal
- ☐ Nearly Normal
- ☐ Abnormal
- ☐ Severely Abnormal