

Victorian Institute of Sport Assessment-Achilles (VISA-A)

In this questionnaire, the term pain refers specifically to pain in the Achilles tendon region

For how many minutes do you have stiffness in the Achilles region on first getting up? (0 to 100 minutes) Answer: _____

Once you are warmed up for the day, do you have pain when stretching the Achilles tendon fully over the edge of a step? (keeping knee straight)

No pain (0) to Strong severe pain (10) Answer: _____

After walking on flat ground for 30 minutes, do you have pain within the next 2 hours? (If unable to walk on flat ground for 30 minutes because of pain, score 0 for this question).

No pain (0) to Strong severe pain (10) Answer: _____

Do you have pain walking downstairs with a normal gait cycle?

No pain (0) to Strong severe pain (10) Answer: _____

Do you have pain during or immediately after doing 10 (single leg) heel raises from a flat surface?

No pain (0) to Strong severe pain (10) Answer: _____

How many single leg hops can you do without pain?

Answer (0-10): _____

Are you currently undertaking sport or other physical activity?

- ☐ Not at all
- ☐ Modified training, modified competition
- ☐ Full training competition, but not at same level as when symptoms began
- ☐ Competing at the same or higher level as when symptoms began

Please select the statement that most accurately matches your current pain while undertaking Achilles tendon loading sports.

- ☐ I have no pain while undertaking Achilles tendon loading sports
- ☐ I have pain while undertaking Achilles tendon loading sports but it does not stop me from completing the activity
- ☐ I have pain that stops me from completing Achilles tendon loading sports

For how long can you train/practice?

- ☐ 0 minutes
- ☐ 1-10 mins
- ☐ 11-20 mins
- ☐ 21-30mins
- ☐ >30 mins