

Foot and Ankle Ability Measure (FAAM)

Please answer **every question** with **one response** that most clearly describes your condition within the past week

If the activity in question is limited by something other than your foot or ankle mark **NOT applicable (N/A)**

	No difficulty	Slight difficulty	Moderate difficulty	Extreme difficulty	Unable to do	N/A
Standing						
Walking on even ground						
Walking on even ground without shoes						
Walking up hills						
Walking down hills						
Going up stairs						
Going down stairs						
Walking on uneven ground						
Stepping up and down curbs						
Squatting						
Coming up on your toes						
Walking initially						
Walking 5 minutes or less						
Walking approximately 10 minutes						
Walking 15 minutes or more						

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

	No difficulty	Slight difficulty	Moderate difficulty	Extreme difficulty	Unable to do	N/A
Home Responsibilities						
Activities of daily living						
Personal care						
Light to moderate work (standing, walking)						
Heavy work (push, pulling climbing, carrying)						
Recreational activities						

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?

_____ / 100

Name _____
Date _____

MDC 6 points
MCID 8 points

Foot and Ankle Ability Measure (FAAM)
Sports Scale

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

	No difficulty	Slight difficulty	Moderate difficulty	Extreme difficulty	Unable to do	N/A
Running						
Jumping						
Landing						
Starting and stopping quickly						
Cutting/lateral movements						
Low impact activities						
Ability to perform activity with your normal technique						
Ability to participate in your desired sport as long as you would like						

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

_____ /100

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

Normal
 Nearly Normal
 Abnormal
 Severely abnormal

MDC 12 points
MCID 9 points