Cumberland Ankle Instability Tool (CAIT)

Name: _____ Date: _____

Please tick the ONE statement in EACH question that BEST describes your ankles. (Completed separately for the RIGHT and the LEFT ankle.)

1. I have PAIN in my ankle

[ ] Never	5
[ ] During sport	4
[ ] Running on uneven surfaces	3
[ ] Running on level surfaces	2
[ ] Walking on uneven surfaces	1
[ ] Walking on level surfaces	0

2. My ankle feels UNSTABLE

[ ] Never	4
[ ] Sometimes during sport (not every time)	3
[ ] Frequently during sport (every time)	2
[ ] Sometimes during daily activity	1
[ ] Frequently during daily activity	0

3. When I make SHARP turns, my ankle feels UNSTABLE

[ ] Never	3
[ ] Sometimes when running	2
[ ] Often when running	1
[ ] When walking	0

4. When going down the stairs, my ankle feels UNSTABLE

[ ] Never	3
[ ] If I go fast	2
[ ] Occasionally	1
[ ] Always	0

5. My ankle feels UNSTABLE when standing on ONE leg

[ ] Never	2
[ ] On the ball of my foot	1
[ ] With my foot flat	0

6. My ankle feels UNSTABLE when

[ ] Never	3
[ ] I hop from side to side	2
[ ] I hop on the spot	1
[ ] When I jump	0

7. My ankle feels UNSTABLE when

[ ] Never	4
[ ] I run on uneven surfaces	3
[ ] I jog on uneven surfaces	2
[ ] I walk on uneven surfaces	1
[ ] I walk on a flat surface	0

8. TYPICALLY, when I start to roll over (or 'twist') on my ankle, I can stop it

[ ] Immediately	3
[ ] Often	2
[ ] Sometimes	1
[ ] Never	0
[ ] I have never rolled over on my ankle	3

9. After a TYPICAL incident of my ankle rolling over, my ankle returns to 'normal'

[ ] Almost immediately	3
[ ] Less than one day	2
[ ] 1 to 2 days	1
[ ] More than 2 days	0
[ ] I have never rolled over on my ankle	3

Scoring

Sum of the 9 item scores, per ankle. Items 8 and 9 give full marks (3) for 'I have never rolled over on my ankle'.

CAIT score: _____ / 30

Source: Hiller, C. E., Refshauge, K. M., Bundy, A. C., Herbert, R. D., & Kilbreath, S. L. (2006). The Cumberland Ankle Instability Tool: A report of validity and reliability testing. Archives of Physical Medicine and Rehabilitation, 87(9), 1235-1241.

Online calculator and more: physiotutors.com/questionnaires