Foot and Ankle Ability Measure (FAAM)

Name: _____ Date: _____

ADL subscale: Please answer every question with one response that most closely 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). Items 16 to 21 are introduced by 'Because of your foot and ankle how much difficulty do you have with:'. Sports subscale: 'Because of your foot and ankle how much difficulty do you have with:'.

1. Standing

- [ ] No Difficulty at all 4
- [ ] Slight Difficulty 3
- [ ] Moderate Difficulty 2
- [ ] Extreme Difficulty 1
- [ ] Unable to do 0

2. Walking on even ground

- [ ] No Difficulty at all 4
- [ ] Slight Difficulty 3
- [ ] Moderate Difficulty 2
- [ ] Extreme Difficulty 1
- [ ] Unable to do 0

3. Walking on even ground without shoes

- [ ] No Difficulty at all 4
- [ ] Slight Difficulty 3
- [ ] Moderate Difficulty 2
- [ ] Extreme Difficulty 1
- [ ] Unable to do 0

4. Walking up hills

- [ ] No Difficulty at all 4
- [ ] Slight Difficulty 3
- [ ] Moderate Difficulty 2
- [ ] Extreme Difficulty 1
- [ ] Unable to do 0

5. Walking down hills

- [ ] No Difficulty at all 4
- [ ] Slight Difficulty 3
- [ ] Moderate Difficulty 2
- [ ] Extreme Difficulty 1
- [ ] Unable to do 0

6. Going up stairs

[ ] No Difficulty at all	4
[ ] Slight Difficulty	3
[ ] Moderate Difficulty	2
[ ] Extreme Difficulty	1
[ ] Unable to do	0

7. Going down stairs

[ ] No Difficulty at all	4
[ ] Slight Difficulty	3
[ ] Moderate Difficulty	2
[ ] Extreme Difficulty	1
[ ] Unable to do	0

8. Walking on uneven ground

[ ] No Difficulty at all	4
[ ] Slight Difficulty	3
[ ] Moderate Difficulty	2
[ ] Extreme Difficulty	1
[ ] Unable to do	0

9. Stepping up and down curbs

[ ] No Difficulty at all	4
[ ] Slight Difficulty	3
[ ] Moderate Difficulty	2
[ ] Extreme Difficulty	1
[ ] Unable to do	0

10. Squatting

[ ] No Difficulty at all	4
[ ] Slight Difficulty	3
[ ] Moderate Difficulty	2
[ ] Extreme Difficulty	1
[ ] Unable to do	0

11. Coming up on your toes

[ ] No Difficulty at all	4
[ ] Slight Difficulty	3
[ ] Moderate Difficulty	2
[ ] Extreme Difficulty	1
[ ] Unable to do	0

12. Walking initially

[ ] No Difficulty at all	4
[ ] Slight Difficulty	3
[ ] Moderate Difficulty	2
[ ] Extreme Difficulty	1
[ ] Unable to do	0

13. Walking 5 minutes or less

[ ] No Difficulty at all 4
[ ] Slight Difficulty 3
[ ] Moderate Difficulty 2
[ ] Extreme Difficulty 1
[ ] Unable to do 0

14. Walking approximately 10 minutes

[ ] No Difficulty at all 4
[ ] Slight Difficulty 3
[ ] Moderate Difficulty 2
[ ] Extreme Difficulty 1
[ ] Unable to do 0

15. Walking 15 minutes or greater

[ ] No Difficulty at all 4
[ ] Slight Difficulty 3
[ ] Moderate Difficulty 2
[ ] Extreme Difficulty 1
[ ] Unable to do 0

16. Home responsibilities

[ ] No Difficulty at all 4
[ ] Slight Difficulty 3
[ ] Moderate Difficulty 2
[ ] Extreme Difficulty 1
[ ] Unable to do 0

17. Activities of daily living

[ ] No Difficulty at all 4
[ ] Slight Difficulty 3
[ ] Moderate Difficulty 2
[ ] Extreme Difficulty 1
[ ] Unable to do 0

18. Personal care

[ ] No Difficulty at all 4
[ ] Slight Difficulty 3
[ ] Moderate Difficulty 2
[ ] Extreme Difficulty 1
[ ] Unable to do 0

19. Light to moderate work (standing, walking)

[ ] No Difficulty at all 4
[ ] Slight Difficulty 3
[ ] Moderate Difficulty 2
[ ] Extreme Difficulty 1
[ ] Unable to do 0

20. Heavy work (push/pulling, climbing, carrying)

- [ ] No Difficulty at all 4
- [ ] Slight Difficulty 3
- [ ] Moderate Difficulty 2
- [ ] Extreme Difficulty 1
- [ ] Unable to do 0

21. Recreational activities

- [ ] No Difficulty at all 4
- [ ] Slight Difficulty 3
- [ ] Moderate Difficulty 2
- [ ] Extreme Difficulty 1
- [ ] Unable to do 0

22. Running

- [ ] No Difficulty at all 4
- [ ] Slight Difficulty 3
- [ ] Moderate Difficulty 2
- [ ] Extreme Difficulty 1
- [ ] Unable to do 0

23. Jumping

- [ ] No Difficulty at all 4
- [ ] Slight Difficulty 3
- [ ] Moderate Difficulty 2
- [ ] Extreme Difficulty 1
- [ ] Unable to do 0

24. Landing

- [ ] No Difficulty at all 4
- [ ] Slight Difficulty 3
- [ ] Moderate Difficulty 2
- [ ] Extreme Difficulty 1
- [ ] Unable to do 0

25. Starting and stopping quickly

- [ ] No Difficulty at all 4
- [ ] Slight Difficulty 3
- [ ] Moderate Difficulty 2
- [ ] Extreme Difficulty 1
- [ ] Unable to do 0

26. Cutting/lateral movements

- [ ] No Difficulty at all 4
- [ ] Slight Difficulty 3
- [ ] Moderate Difficulty 2
- [ ] Extreme Difficulty 1
- [ ] Unable to do 0

27. Low impact activities

[ ] No Difficulty at all	4
[ ] Slight Difficulty	3
[ ] Moderate Difficulty	2
[ ] Extreme Difficulty	1
[ ] Unable to do	0

28. Ability to perform activity with your normal technique

[ ] No Difficulty at all	4
[ ] Slight Difficulty	3
[ ] Moderate Difficulty	2
[ ] Extreme Difficulty	1
[ ] Unable to do	0

29. Ability to participate in your desired sport as long as you like

[ ] No Difficulty at all	4
[ ] Slight Difficulty	3
[ ] Moderate Difficulty	2
[ ] Extreme Difficulty	1
[ ] Unable to do	0

Scoring

Score each subscale separately. Each answered item is scored 4 (no difficulty at all) to 0 (unable to do). N/A items are not counted. Add the points, divide by the maximum possible for the items answered (4 x number answered), multiply by 100.

FAAM ADL subscale: _____ %

FAAM Sports subscale: _____ %

Source: Martin, R. L., Irrgang, J. J., Burdett, R. G., Conti, S. F., & Van Swearingen, J. M. (2005). Evidence of validity for the Foot and Ankle Ability Measure (FAAM). Foot & Ankle International, 26(11), 968-983.

Online calculator and more: physiotutors.com/questionnaires