

Foot and Ankle Ability Measure (FAAM)
Activities of Daily Living Subscale

Please Answer **every question** with **one response** that most closely describes your condition within the past week.

No Difficulty	Slight Difficulty	Moderate Difficulty	Extreme Difficulty	Unable to do
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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
greater

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**Foot and Ankle Ability Measure (FAAM)
Sports Subscale**

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

No Difficulty at all	Slight Difficulty	Moderate Difficulty	Extreme Difficulty	Unable to do
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Running

Jumping

Landing

Starting and
stopping quickly

Cutting/lateral
Movements

Ability to perform
Activity with your
Normal technique

Ability to participate
In your desired sport
As long as you like

**Foot and Ankle Ability Measure (FAAM)
Sports Subscale**

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

No Difficulty at all	Slight Difficulty	Moderate Difficulty	Extreme Difficulty	Unable to do
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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 or ankle problem and 0 being the inability to perform any of your usual daily activities.

Total Score: _____ / 112 = _____ %

Martin, R; Irrgang, J; Burdett, R; Conti, S; VanSwearingen, J: Evidence of Validity for the Foot and Ankle Ability Measure. Foot and Ankle International. Vol.26, No.11: 968-983, 2005.

Signature _____ Date _____