

FOOT/ANKLE FUNCTION ASSESSMENT

(Adapted from Roland/Morris Disability Questionnaire by Wendy S. Burke, PT, OCS)

Name: _____

Date: _____

Instructions: When your foot/ankle hurts, you may find it hard to some of the things you usually do. The list below contains some sentences people have used to describe themselves when they have foot/ankle pain. Some sentences may describe you today. When you read a sentence that describes you today, please mark it if it does not describe you today; leave the space beside it blank. Check only sentences that describes you today.

1. _____ I have difficulty driving because of my foot/ankle
2. _____ I need to use a cane or crutches to walk because of my foot/ankle
3. _____ I walk more slowly than usual because of my foot/ankle
4. _____ I avoid household chores because of my foot/ankle
5. _____ Because of my foot/ankle I use the handrail to go upstairs
6. _____ Because of my foot/ankle I need medications to get through the day
7. _____ Because of my foot/ankle I sit down and rest more often
8. _____ I get dressed more slowly than usual because of my foot/ankle
9. _____ Because of my foot/ankle I wear an orthotic in my shoes
10. _____ I have to wear I special brace for my foot/ankle
11. _____ I can only stand for short periods of time because of my foot/ankle
12. _____ of my foot/ankle, I cannot wear some shoes
13. _____ Because of my foot/ankle I have trouble reaching up to tall shelves
14. _____ I find it difficult to turn over in bed because of my foot/ankle
15. _____ I cannot jump because of my foot/ankle
16. _____ I have to change my fitness routine because of my foot/ankle
17. _____ I walk only short distances because of my foot/ankle
18. _____ My foot/ankle wakes me up at least once a night
19. _____ I am unable to squat because of my foot/ankle
20. _____ I am unable to work because of my foot/ankle
21. _____ Because of my foot/ankle, I am more irritable than usual
22. _____ Because of my foot/ankle pain I avoid running
23. _____ Because of my foot/ankle I go upstairs more slowly than usual
24. _____ I have difficulty walking on uneven surfaces, like grass, because of my foot ankle