

The Foot and Ankle Disability Index (FADI) Score and Sports Module

Reference for Score: Martin, R. L., Burdett, R. G., Irrgang, J. J. (1999). Development of the Foot and Ankle Disability Index (FADI). *J Orthop Sports Phys Ther*, 29:

http://www.orthopaedicscore.com/scorepages/foot_and_ankle_disability_index_fadi.html

retrieved 02/08/2010

Hale, S. A., & Hertel, J. (2005). Reliability and Sensitivity of the Foot and Ankle Disability Index in Subjects with Chronic Ankle Instability. *J Athl Train*, 40(1):35-40.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1088343/?tool=pubmed> retrieved 02/08/2010

Intraclass correlation coefficient (ICC) at one week: FADI 0.89, FADI Sport 0.84

Objective: assess functional limitations related to foot and ankle conditions.

Diagnosis: **chronic ankle instability (CAI)**

The FADI and FADI Sport are 1) reliable in detecting functional limitations in subjects with chronic ankle instability, 2) sensitive to differences between healthy subjects and subjects with CAI, and 3) responsive to improvement in function after rehabilitation in subjects with CAI.

Ankle sprains account for 15-45% of all sports injuries. 10-30% of these athletes will develop CAI.

Total Possible points: 136 (FADI 104 points & SPORTS 32 points)

Lower the number the greater the disability

MDC: ?