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

Patient Name: _____________________________  Date: __________

Please answer every question with one response that most closely describes your condition within the past week by marking the appropriate number in the box. If the activity in question is limited by something other than your foot or ankle, mark N/A.

<table>
<thead>
<tr>
<th>Difficulty Level</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>Unable to do</td>
</tr>
<tr>
<td>1</td>
<td>Extreme difficulty</td>
</tr>
<tr>
<td>2</td>
<td>Moderate difficulty</td>
</tr>
<tr>
<td>3</td>
<td>Slight difficulty</td>
</tr>
<tr>
<td>4</td>
<td>No difficulty</td>
</tr>
</tbody>
</table>

Standing  
Walking on even ground  
Walking on even ground without shoes  
Walking on uneven ground  
Stepping up and down curves  
Sleeping  
Walking initially  
Walking approximately 10 minutes  
Home responsibilities  
Personal Care  
Heavy work (push/pulling, climbing, carrying)

Walking up hills  
Walking down hills  
Going up stairs  
Going down stairs  
Squatting  
Coming up to your toes  
Walking 5 minutes or less  
Walking 15 minutes or greater  
Activities of Daily Living  
Light to moderate work (standing, walking)  
Recreational activities

Sports Module:

Running  
Landing  
Cutting, lateral movements  
Ability to perform activity with your normal technique

Jumping  
Squatting and stopping quickly  
Low-impact activities  
Ability to participate in your desired sports as long as you would like

Pain related to the foot and ankle:

<table>
<thead>
<tr>
<th>Pain Level</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>Unbearable</td>
</tr>
<tr>
<td>1</td>
<td>Severe Pain</td>
</tr>
<tr>
<td>2</td>
<td>Moderate Pain</td>
</tr>
<tr>
<td>3</td>
<td>Mild Pain</td>
</tr>
<tr>
<td>4</td>
<td>No Pain</td>
</tr>
</tbody>
</table>

General level of pain  
Pain during your normal activity  
Pain at rest  
Pain first thing in the morning

Office Use Only: Score: ____/136 points (FADI 104 points & SPORTS 32 points; No Disability 136)  
Number of PT Sessions: _____  
Gender: M F  
Age: _____

ICD-9 Code:  
PT Initials:
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http://www.orthopaedicscore.com/scorepages/foot_and_ankle_disability_index_fadi.html
retrieved 02/08/2010

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: ?