

FAAM - Initial Visit

Today's Date: ____ / ____ / ____

Date of Birth: ____ / ____ / ____

Name: _____

Ask the patient this question and record the response.

Please rate your pain level with activity:

0	1	2	3	4	5	6	7	8	9	10
NO PAIN					VERY SEVERE PAIN					

INSTRUCTIONS: Please document each task and/or give instructions as written. When scoring, please record the lowest response category that applies for each item. In most items, the subject is asked to maintain a given position for a specific time. Progressively more points are deducted if:

- the time or distance requirements are not met
- the subject's performance warrants supervision
- the subject touches an external support or receives assistance from the examiner

Subject should understand that they must maintain their balance while attempting the tasks. The choices of which leg to stand on or how far to reach are left to the subject. Poor judgment will adversely influence the performance and the scoring.

Equipment required for testing is a stopwatch or watch with a second hand, and a ruler or other indicator of 2, 5, and 10 inches. Chairs used during testing should be a reasonable height. Either a step or a stool of average step height may be used for item # 12.

Sport Subscale

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

	No Difficulty	Slight Difficulty	Moderate Difficulty	Extreme Difficulty	Unable to Do	N/A
Running	(4)	(3)	(2)	(1)	(0)	
Jumping	(4)	(3)	(2)	(1)	(0)	
Landing	(4)	(3)	(2)	(1)	(0)	
Starting and stopping quickly	(4)	(3)	(2)	(1)	(0)	

	No Difficulty	Slight Difficulty	Moderate Difficulty	Extreme Difficulty	Unable to Do	N/A
Cutting/lateral movements	4	3	2	1	0	
Low impact activities	4	3	2	1	0	
Ability to perform activity with your normal technique	4	3	2	1	0	
Ability to participate in your desired sport as long as you would like	4	3	2	1	0	

How would you rate your current level of function during your sports related activities 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 sports activities?

_____ %

The response to each item on the Sports subscale is scored from 4 to 0, with 4 being 'no difficulty' and 0 being 'unable to do'. N/A responses are not included in the calculation.

The score on each of the items are added together to get the item score total. The number of items with a response is multiplied by 4 to get the highest potential score.

If the subject answers all 8 items the highest potential score is 32, if one item is not answered the highest potential score is 28, if two are not answered the highest potential score is 24, etc.

The item score total is divided by the highest potential score. This value is multiplied by 100 to get a percentage. A higher score represents a higher level of physical function.

Example:

- 6 items answered > highest potential score = 24 (6 items x 4 points)
- Total item score completed by patient = 10
- Calculation: $10/24 \times 100\% = 41.6\%$

MCID = 9% points

Instructions for Therapists

For the most valid results it is suggested for the FAAM Sports subscale be generated only when subjects completed 90% or more of the items (7 of 8)