

# FOOT/ANKLE DISABILITY INDEX

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Please read: This questionnaire has been designed to give the Physical Therapist information as to how your foot/ankle pain has affected your ability to manage everyday live, Please answer by marking the one box which most closely applies to you.

## Section 1 – PAIN INTENSITY

- I have no pain in my foot/ankle.
- The pain in my foot/ankle in intermittent or mild and does not limit my activity.
- The pain in my foot/ankle in intermittent, but limits my activity.
- The pain in my foot/ankle is constant and moderately limits my activity.
- The pain in my foot/ankle is constant and severely limits my activity.
- The pain in my foot/ankle is constant and I am unable to do anything.

## Section 2 – STANDING

- I can stand as long as I want to.
- I am able to stand for over 60 minutes before symptoms increase.
- I am able to stand 31–60 minutes before symptoms increase.
- I am able to stand 11–30 minutes before symptoms increase.
- I am only able to stand for very short periods: 10 minutes or less
- I am unable to stand for any length of time

## Section 3 – WALKING/WEIGHT BEARING TOLERANCE

- I can walk normally without assistive devices.
- I can walk without assistive devices, but only for 31–60 minutes
- I can walk without assistive devices, but only 30 minutes or less
- I can walk as far as I need, but I must use assistive devices.
- I must use assistive devices and can bear only partial weight on my injured foot.
- I must use assistive devices and can bear minimal to no weight on my injured foot.

## Section 4 – CLIMBING STAIRS

- I am able to go up & down stairs normally.
- I am able to go up & down stairs step over step if I go slowly.
- I am able to go up & down stairs step over step, but only a limited number at a time.
- I am able to go up & down stairs, but only one at a time.
- I am able to go up & down a limited number of stairs an only one at a time.
- I am unable to use stairs.

## Section 5 – SWELLING

- I have no swelling with my high level of activity.
- I have minimal swelling only after my highest level of activity.
- I have no swelling with normal daily activity.
- I have minimal swelling after simple activity.
- I have almost constant swelling, but it can be controlled by medication/rest/ice/compression/elevation.
- I have constant swelling without relief foot/ankle.

## Section 6 – WORK

- I can do as much work as I want to.
- I can do my usual work, but it increases my foot/ankle pain.
- I can do most, but not all, of my usual work because of my foot/ankle pain.
- I can do about half of my usual work because of foot/ankle pain.
- I can only do minimal work because of my foot/ankle pain.
- I can't do any work at all because of my foot/ankle pain.

## Section 7 – DRIVING

- I can drive my car as long as I want without any foot/ankle pain.
- I can drive my car as long as I want, but it increases pain in my foot/ankle.
- I can drive my car 31-60 minutes before my foot/ankle pain gets worse.
- I can drive my car 11-30 minutes before my foot/ankle pain gets worse.
- I can drive my car for only 10 minutes or less before my foot/ankle pain gets worse.
- I am unable to drive my car because of my foot/ankle pain.

## Section 8 – SLEEPING

- I have no trouble sleeping.
- My sleep is slightly disturbed by foot/ankle pain. (It wakes me 1 time/night).
- My sleep is mildly disturbed by foot/ankle pain. (It wakes me 2 times/night).
- My sleep is moderately disturbed by foot/ankle pain (It wakes me 3-4 times/night).
- My sleep is greatly disturbed by foot/ankle pain (It wakes me 5-6 times/night).
- My sleeps is completely disturbed by foot/ankle pain (It wakes 7-8 times/night or more).

## Section 9 – HOUSE & YARD WORK

- I have no foot/ankle limitations with house & yard work.
- I am able to do all house & yard work necessary if I take a few breaks.
- I am able to do all house & yard work necessary, but it increases my foot/ankle pain.
- I am able to do some, but not all, house & yard work, in increases my foot/ankle pain.
- I am able to do only the minimum of house & yard work because of my foot/ankle pain.
- I am unable to do any house or yard work because of my foot/ankle pain.

## Section 10 – RECREATION/SPORTS

- I am able to engage in all my recreation/sports activities with not foot/ankle symptoms.
- I am able to engage in all my recreation/sports activities with some symptoms in my foot/ankle.
- I am able to engage in most, but not all, of my usual recreation/sports activities because of symptoms in my foot/ankle.
- I can hardly do any recreation/sports activities because of symptoms in my foot/ankle.
- I am unable to do any recreation/sports activities because of my symptoms.

Please mark an "x" on the line below indicating the level of pain you have had in the past 24 hours.

no pain at all \_\_\_\_\_ worst possible pain \_\_\_\_\_/50= \_\_\_\_\_%