

Foot and Ankle Ability Measure (FAAM)
Activities of Daily Living Subscale

Please Answer **every question** with **one response** that most closely describes your condition within the past week.

If the activity in question is limited by something other than your foot or ankle mark "Not Applicable" (N/A).

	No Difficulty	Slight Difficulty	Moderate Difficulty	Extreme Difficulty	Unable to do	N/A
Standing	4	3	2	1	0	
Walking on even Ground	4	3	2	1	0	
Walking on even ground without shoes	4	3	2	1	0	
Walking up hills	4	3	2	1	0	
Walking down hills	4	3	2	1	0	
Going up stairs	4	3	2	1	0	
Going down stairs	4	3	2	1	0	
Walking on uneven ground	4	3	2	1	0	
Stepping up and down curbs	4	3	2	1	0	
Squatting	4	3	2	1	0	
Coming up on your toes	4	3	2	1	0	
Walking initially	4	3	2	1	0	
Walking 5 minutes or less	4	3	2	1	0	
Walking approximately 10 minutes	4	3	2	1	0	
Walking 15 minutes or greater	4	3	2	1	0	

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

Home responsibilities	4	3	2	1	0	
Activities of daily living	4	3	2	1	0	
Personal care	4	3	2	1	0	
Light to moderate work (standing, walking)	4	3	2	1	0	
Heavy work (push/pulling, climbing, carrying)	4	3	2	1	0	
Recreational activities	4	3	2	1	0	

How would you rate your current level of function during your usual activities of daily living 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 of your usual daily activities.

_____ . 0 %

Foot and Ankle Ability Measure (FAAM) Sports 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	
Cutting/lateral movements	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 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 of your usual daily activities?

_____ . 0%

Overall, how would you rate your current level of function?

☐ Normal ☐ Nearly Normal ☐ Abnormal ☐ Severely Abnormal

Martin, R; Irrgang, J; Burdett, R; Conti, S; VanSwearingen, J: Evidence of Validity for the Foot and Ankle Ability Measure. Foot and Ankle International. Vol.26, No.11: 968-983, 2005.