

Ankle Joint Functional Assessment Tool (AJFAT)

Section 1: To be completed by patient

_____AD _____ Non-Active Duty

Name: _____

Age: _____

Date: _____

Occupation: _____

How long have you had ankle problems: _____

Section 2: To be completed by patient

This questionnaire has been designed to give your therapist information as to how your ankle problems have affected your functional ability. Please answer every question by placing a check on the line that best describes your injured ankle compared with the non-injured side. Check only 1 answer for each question, choosing the answer that best describes your injured ankle. We realize you may feel that two of the statements may describe your condition, but **please check only the line which most closely describes your current condition.**

1. How would you describe the level of pain you experience in your ankle?

- _____ Much less than the other ankle
- _____ Slightly less than the other ankle
- _____ Equal in amount to the other ankle
- _____ Slightly more than the other ankle
- _____ Much more than the other ankle

2. How would you describe any swelling in your ankle?

- _____ Much less than the other ankle
- _____ Slightly less than the other ankle
- _____ Equal in amount to the other ankle
- _____ Slightly more than the other ankle
- _____ Much more than the other ankle

3. How would you describe the ability of your ankle when walking on uneven surfaces?

- _____ Much less than the other ankle
- _____ Slightly less than the other ankle
- _____ Equal in ability to the other ankle
- _____ Slightly more than the other ankle
- _____ Much more than the other ankle

4. How would you describe the overall feeling of stability of your ankle?

- _____ Much less stable than the other ankle
- _____ Slightly less stable than the other ankle
- _____ Equal in stability to the other ankle
- _____ Slightly more stable than the other ankle
- _____ Much more stable than the other ankle

5. How would you describe the overall feeling of strength of your ankle?

- _____ Much less strong than the other ankle
- _____ Slightly less strong than the other ankle
- _____ Equal in strength to the other ankle
- _____ Slightly stronger than the other ankle
- _____ Much stronger than the other ankle

6. How would you describe your ankle's ability when you descend stairs?

- _____ Much less than the other ankle
- _____ Slightly less than the other ankle
- _____ Equal in amount to the other ankle
- _____ Slightly more than the other ankle
- _____ Much more than the other ankle

Ankle Joint Functional Assessment Tool, p. 2

Section 2 (con't): To be completed by patient

7. How would you describe your ankle's ability when you jog?

- Much less than the other ankle
- Slightly less than the other ankle
- Equal in amount to the other ankle
- Slightly more than the other ankle
- Much more than the other ankle

8. How would you describe your ankle's ability to "cut," or change directions, when running?

- Much less than the other ankle
- Slightly less than the other ankle
- Equal in amount to the other ankle
- Slightly more than the other ankle
- Much more than the other ankle

9. How would you describe the overall activity level of your ankle?

- Much less than the other ankle
- Slightly less than the other ankle
- Equal in amount to the other ankle
- Slightly more than the other ankle
- Much more than the other ankle

10. Which statement best describes your ability to sense your ankle beginning to "roll over"?

- Much later than the other ankle
- Slightly later than the other ankle
- At the same time as the other ankle
- Slightly sooner than the other ankle
- Much sooner than the other ankle

11. Compared with the other ankle, which statement best describes your ability to respond to your ankle beginning to "roll over"?

- Much later than the other ankle
- Slightly later than the other ankle
- At the same time as the other ankle
- Slightly sooner than the other ankle
- Much sooner than the other ankle

12. Following a typical incident of your ankle "rolling," which statement best describes the time required to return to activity?

- More than 2 days
- 1 to 2 days
- More than 1 hour and less than 1 day
- 15 minutes to 1 hour
- Almost immediately

Section 3: To be completed by physical therapist/provider

SCORE: _____ out of 48 possible points (higher better) **Initial** **2 weeks** **Discharge**

Number of treatment sessions: _____ **Gender:** Male Female

Diagnosis/ICD-9 Code: _____

¹ Adapted from: Rozzi SL, et al. Balance Training for Persons With Functionally Unstable Ankles. JOSPT 1999; 29 (8): 478-486 [Prepared July 1999]

Ankle Joint Functional Assessment Tool (AJFAT)

Section 1: To be completed by patient

_____AD _____ Non-Active Duty

Name: _____

Age: _____

Date: _____

Occupation: _____

How long have you had ankle problems: _____

Section 2: To be completed by patient

This questionnaire has been designed to give your therapist information as to how your ankle problems have affected your functional ability. Please answer every question by placing a check on the line that best describes your injured ankle compared with the non-injured side. Check only 1 answer for each question, choosing the answer that best describes your injured ankle. We realize you may feel that two of the statements may describe your condition, but **please check only the line which most closely describes your current condition.**

1. How would you describe the level of pain you experience in your ankle?

- 4 Much less than the other ankle
- 3 Slightly less than the other ankle
- 2 Equal in amount to the other ankle
- 1 Slightly more than the other ankle
- 0 Much more than the other ankle

2. How would you describe any swelling in your ankle?

- 4 Much less than the other ankle
- 3 Slightly less than the other ankle
- 2 Equal in amount to the other ankle
- 1 Slightly more than the other ankle
- 0 Much more than the other ankle

3. How would you describe the ability of your ankle when walking on uneven surfaces?

- 0 Much less than the other ankle
- 1 Slightly less than the other ankle
- 2 Equal in ability to the other ankle
- 3 Slightly more than the other ankle
- 4 Much more than the other ankle

4. How would you describe the overall feeling of stability of your ankle?

- 0 Much less stable than the other ankle
- 1 Slightly less stable than the other ankle
- 2 Equal in stability to the other ankle
- 3 Slightly more stable than the other ankle
- 4 Much more stable than the other ankle

5. How would you describe the overall feeling of strength of your ankle?

- 0 Much less strong than the other ankle
- 1 Slightly less strong than the other ankle
- 2 Equal in strength to the other ankle
- 3 Slightly stronger than the other ankle
- 4 Much stronger than the other ankle

6. How would you describe your ankle's ability when you descend stairs?

- 0 Much less than the other ankle
- 1 Slightly less than the other ankle
- 2 Equal in amount to the other ankle
- 3 Slightly more than the other ankle
- 4 Much more than the other ankle

Ankle Joint Functional Assessment Tool, p. 2

Section 2 (con't): To be completed by patient

7. How would you describe your ankle's ability when you jog?

- 0 Much less than the other ankle
- 1 Slightly less than the other ankle
- 2 Equal in amount to the other ankle
- 3 Slightly more than the other ankle
- 4 Much more than the other ankle

8. How would you describe your ankle's ability to "cut," or change directions, when running?

- 0 Much less than the other ankle
- 1 Slightly less than the other ankle
- 2 Equal in amount to the other ankle
- 3 Slightly more than the other ankle
- 4 Much more than the other ankle

9. How would you describe the overall activity level of your ankle?

- 0 Much less than the other ankle
- 1 Slightly less than the other ankle
- 2 Equal in amount to the other ankle
- 3 Slightly more than the other ankle
- 4 Much more than the other ankle

10. Which statement best describes your ability to sense your ankle beginning to "roll over"?

- 0 Much later than the other ankle
- 1 Slightly later than the other ankle
- 2 At the same time as the other ankle
- 3 Slightly sooner than the other ankle
- 4 Much sooner than the other ankle

11. Compared with the other ankle, which statement best describes your ability to respond to your ankle beginning to "roll over"?

- 0 Much later than the other ankle
- 1 Slightly later than the other ankle
- 2 At the same time as the other ankle
- 3 Slightly sooner than the other ankle
- 4 Much sooner than the other ankle

12. Following a typical incident of your ankle "rolling," which statement best describes the time required to return to activity?

- 0 More than 2 days
- 1 1 to 2 days
- 2 More than 1 hour and less than 1 day
- 3 15 minutes to 1 hour
- 4 Almost immediately

Section 3: To be completed by physical therapist/provider

SCORE: _____ out of 48 possible points (higher better) **Initial** **2 weeks** **Discharge**

Pre-Training Unstable Ankles: 17.11 +/- 3.44 Non-Injured Ankles: 22.92 +/- 5.22

Post-Training Unstable Ankles: 25.78 +/- 3.80 Non-Injured Ankles: 29.15 +/- 5.27

(No statistical difference between post training scores! The rest of comparisons are statistically significant.)

¹ Adapted from: Rozzi SL, et al. Balance Training for Persons With Functionally Unstable Ankles. JOSPT 1999; 29 (8): 478-486 [Prepared July 1999]