Ankle Joint Functional Assessment Tool (AJFAT)

**Section 1: To be completed by patient**

<table>
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<tr>
<th>AD</th>
<th>Non-Active Duty</th>
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<td>___</td>
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</table>

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
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:

Ankle Joint Functional Assessment Tool (AJFAT)

**Section 1: To be completed by patient**

| 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
### 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)

<table>
<thead>
<tr>
<th></th>
<th>Initial</th>
<th>2 weeks</th>
<th>Discharge</th>
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<tbody>
<tr>
<td>Pre-Training</td>
<td>Unstable Ankles: 17.11 +/- 3.44</td>
<td>Non-Injured Ankles: 22.92 +/- 5.22</td>
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<tr>
<td>Post-Training</td>
<td>Unstable Ankles: 25.78 +/- 3.80</td>
<td>Non-Injured Ankles: 29.15 +/- 5.27</td>
<td></td>
</tr>
</tbody>
</table>

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

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