

Foot and Ankle Outcome Score (FAOS) Survey

Patient Name: _____

Patient MRN: _____

Date: _____

Affected Foot/Ankle: R L (Circle One)

Instructions:

This survey asks for your opinion about your foot/ankle and helps us understand how well you are able to complete your usual activities. Answer each question by ticking the appropriate box (only one box for each question). If you are uncertain about how to answer a question, please give the best answer you can.

I. Symptoms

Answer these questions thinking of your knee symptoms during the last week.

S1. Do you have swelling in your foot/ankle?

Never (+0) Rarely (+1) Sometimes (+2) Often (+3) Always (+4)

S2. Do you feel grinding, hear clicking, or any other type of noise when your foot/ankle moves?

Never (+0) Rarely (+1) Sometimes (+2) Often (+3) Always (+4)

S3. Does your foot/ankle catch or hang up when moving?

Never (+0) Rarely (+1) Sometimes (+2) Often (+3) Always (+4)

S4. Can you straighten your foot/ankle fully?

Always (+0) Often (+1) Sometimes (+2) Rarely (+3) Never (+4)

S5. Can you bend your foot/ankle fully?

Always (+0) Often (+1) Sometimes (+2) Rarely (+3) Never (+4)

Stiffness is a sensation of restriction or slowness in the ease with which you move your knee joint.

S6. How severe is your foot/ankle joint stiffness after first wakening in the morning?

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

S7. How severe is your foot/ankle joint stiffness after sitting, lying, or resting later in the day?

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

Symptoms Subscale Score: $100 - \left[\frac{(\text{symptoms subscale sum} * 100)}{28} \right] = \underline{\hspace{2cm}}$

II. Pain

P1. How often do you experience foot/ankle pain?

Never (+0) Monthly (+1) Weekly (+2) Daily (+3) Always (+4)

What amount of foot/ankle pain have you experienced the last week during the following activities?

P2. Twisting/pivoting on your foot/ankle

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

P3. Straightening foot/ankle fully

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

P4. Bending foot/ankle fully

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

P5. Walking on a flat surface

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

P6. Going up or down stairs

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

P7. At night while in bed

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

P8. Sitting or lying

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

P9. Standing upright

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

Pain Subscale Score: $100 - \left[\frac{(\text{pain subscale sum} * 100)}{36} \right] = \underline{\hspace{2cm}}$

III. Function, daily living

This section describes your ability to move around and to look after yourself. For each of the following activities, please indicate the degree of difficulty you have experienced in the last week due to your foot/ankle.

A1. Descending stairs

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

A2. Ascending stairs

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

A3. Rising from sitting

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

A4. Standing

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

A5. Bending to the floor/pick up an object

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

A6. Walking on a flat surface

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

A7. Getting in/out of car

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

A8. Going shopping

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

A9. Putting on socks/stockings

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

A10. Rising from bed

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

A11. Taking off socks/stockings

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

A12. Lying in bed (turning over, maintaining foot/ankle position)

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

A13. Getting in/out of bath

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

A14. Sitting

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

A15. Getting on/off toilet

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

A16. Heavy domestic duties (moving heavy boxes, scrubbing floors, etc)

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

A17. Light domestic duties (cooking, dusting, etc)

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

Daily Living Subscale Score: $100 - \left[\frac{(\text{daily living subscale sum} * 100)}{68} \right] = \underline{\hspace{2cm}}$

IV. Function, sports and recreational activities

This section describes your ability to be active on a higher level. For each of the following activities, please indicate the degree of difficulty you have experienced in the last week due to your foot/ankle.

SP1. Squatting

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

SP2. Running

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

SP3. Jumping

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

SP4. Twisting/pivoting on your injured foot/ankle

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

SP5. Kneeling

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

Sports and Recreation Subscale Score: $100 - \left[\frac{(\text{sports and recreation subscale sum} * 100)}{20} \right] = \underline{\hspace{2cm}}$

V. Quality of Life

Q1. How often are you aware of your foot/ankle problem?

Never (+0) Monthly (+1) Weekly (+2) Daily (+3) Constantly (+4)

Q2. Have you modified your life style to avoid activities potentially damaging to your foot/ankle?

Not at all (+0) Mildly (+1) Moderately (+2) Severely (+3) Totally (+4)

Q3. How much are you troubled with lack of confidence in your foot/ankle?

Not at all (+0) Mildly (+1) Moderately (+2) Severely (+3) Extremely (+4)

Q4. In general, how much difficulty do you have with your foot/ankle?

None (+0) Mild (+1) Moderate (+2) Severe (+3) Extreme (+4)

Quality of Life Subscale Score: $100 - \left[\frac{(\text{quality of life subscale sum} * 100)}{16} \right] = \underline{\hspace{2cm}}$