EUROPEAN FOOT AND ANKLE SOCIETY (EFAS)

www.efas.co

EFAS Score

Below you will find 6 questions relating to your foot and/or ankle problem.

Please answer each question by selecting the answer that best describes your situation <u>in</u> <u>the last week</u>. Each question can be answered on a 5-point scale, with descriptions given for the two endpoints of the scale.

If a question does not apply to you, please indicate this by checking the N/A box on the left.

QUESTIONS

| No. | Question | Answer | | | | |
|----------|--|-----------------------------|---|---|---|--------------------|
| 1 N/A | Do you have pain in your foot and/or ankle when you are at rest? | Always 0 | 1 | 2 | 3 | Never 4 |
| N/A | How far can you walk before you get pain in your foot and/or ankle | Impossible 0 | 1 | 2 | 3 | No limitation 4 |
| 3 N/A | How much has your gait (i.e., the way you walk) changed because of your foot and/or ankle problem? | Extreme gait change 0 | 1 | 2 | 3 | No change 4 |
| 4 N/A | Do you have difficulty walking on uneven surfaces? | Always 0 | 1 | 2 | 3 | Never 4 |
| 5 N/A | Do you have pain in your foot and/or ankle when you are walking? | Always 0 | 1 | 2 | 3 | Never 4 |
| 6 N/A | How often do you have pain in your foot and/or ankle during physical activity? | Always 0 | 1 | 2 | 3 | Never 4 |

SPORTS QUESTIONS

Please only answer these questions if you regularly engage in sports activities, if a specific question does not apply to your chosen sport, please check the N/A box

| No. | Question | Answer | | | | |
|-----------|--|-----------------|---|---|---|--------------------|
| S1 N/A | Can you run? | Impossible 0 | 1 | 2 | 3 | No limitation 4 |
| S2 N/A | Can you jog? | Impossible 0 | 1 | 2 | 3 | No limitation 4 |
| S3 N/A | Do you have problems landing after jumping? | Impossible 0 | 1 | 2 | 3 | No limitation 4 |
| S4 N/A | Are you able to perform your sports with your usual technique? | Impossible 0 | 1 | 2 | 3 | No limitation 4 |

You have now finished this survey. Thank you very much for your co-operation!