

QUESTIONS ABOUT YOUR FEET/ANKLES

Name : _____ Date of birth: _____
Height: _____ Weight: _____ Today's date: _____

1. Illnesses, surgeries and injuries to date: Have you had severe foot/ankle problems, injuries or surgeries before? Circle one.

- A My feet and ankles have been healthy all my life.
- B Some minor foot/ankle problems.
- C Considerable foot/ankle problems that have required treatment.
- D Severe problems, chronic pain, one or more surgeries.
- E Lasting severe foot/ankle damage.

2. How have you used your feet/ankles so far? What kind of stresses have your feet/ankles been exposed to at work and at play? How about your weight? Circle one.

- A Little stress (for example ideal weight, fitness exercise).
- B Increased stress (for example overweight, lifting, high heels, running).
- C Severe stress (for example overweight, standing at work, running, jumping).
- D Extreme stress (for example obesity, marathon running, waitressing).
- E Lasting foot/ankle damage with disability.

3. What are your expectations from therapy? Circle one.

- A Instructions for self help.
- B No expectations.
- C Alleviation of my symptoms.
- D Immediate and complete recovery.
- E Nobody can help me anyway.

4. Functionality of your feet and ankles: What do your feet look like? How does your foot/ankle problem affect your everyday life? Circle one.

- A My feet and ankles are perfect and don't give me any problems whatsoever.
- B I don't know. They're normal I guess.
- C I have some trouble standing or walking.
- D My feet are deformed. You can't miss the fact that I have foot problems.
- E My foot/ankle problem is so bad that it should be used as an example in a medical textbook.

5. How long can you walk? How long can you walk on a paved surface at a steady pace without taking breaks? A steady pace means two steps per second or three miles per hour. Circle one.

- A For hours
- B I don't know.
- C One hour or less
- D 20 minutes or less
- E I can barely get around the house or not even that.

6. How badly are you suffering? Some problems are easy to deal with while others are hard to handle emotionally. How would you describe your situation? Circle one.

- A No problem.
- B I can handle it.
- C My foot/ankle problems are a burden that can keep me preoccupied.
- D My foot/ankle problems severely impact my life and how I feel.
- E I am done – with my foot/ankle, and sometimes with life, too.

7. A sense of your body: Which one are you? The one who picks up a new dance, sport or yoga pose right away or the one who has to practice over and over again? Circle one.

- A Movement and change is my life. No problem.
- B I could probably do it if I wanted to.
- C I try, but I usually quit because it doesn't work right away.
- D I can do it but I have to work really hard at it.
- E I'm a hopeless case. Not a chance.

8. Motivation: Healthy feet and ankles need care, training and attention. This requires a positive attitude, a lot of patience, a bit of understanding and some discipline. Which option best describes you? Circle one.

- A I am highly motivated and have never ending patience.
- B I'll have to think about this one.
- C I'll give it a try.
- D Motivation isn't my strong suit.
- E This is a waste of time.

9. Have previous treatments been successful? Maybe this is not your first attempt at treating your foot/ankle problem. Considering all successes and failures to date, which answer is the most true?

- A I am almost fully recovered.
- B I don't know how to judge my situation.
- C The treatments have helped some.
- D There has been no significant improvement.
- E I am only getting worse.

10. How old are you?

- A 20 – 40 years old.
- B Under 20 years old.
- C 40 – 60 years old.
- D 60 – 80 years old.
- E Over 80 years old.

11. Diagnosis and prognosis: Maybe you have already seen a doctor or know the diagnosis of your foot/ankle problem. Please choose the one best answer.

- A It's nothing serious.
- B I don't know what the problem is.
- C It's bad right now but I should be able to completely recover.
- D I have lasting damage that will lead to chronic problems.
- E I have severe damage that could permanently impair my ability to walk or even work.

Done!

Score: _____