

ANKLE GRADING SYSTEM

Patient Name _____

Date _____

Please read carefully:

Please answer every section, and mark in each section only **ONE CHOICE** which applies to you. We realize that you may consider that two of the statements in any one section relate to you, but please just mark the one box which most closely describes your problem right now.

PAIN

- None, or patient ignores it
- Slight, when going up or down stairs or walking long distances (no restriction or activities of daily living)
- Moderate when going up or down stairs or walking long distances; none during level gait; occasional non-narcotic medication needed
- During level gait, with more pain on stairs; none at rest; daily medication used
- Continuous, regardless of activity
- Disables because of pain

FUNCTION (LIMP, ANTALGIC)

- None
- Slight
- Moderate
- Marked

DISTANCE (WALKING)

- Unlimited
- 4-6 blocks
- 1-3 blocks
- Indoors only
- Bed-chair bound
- Unable to walk

SUPPORT REQUIRED WALKING

- None
- Cane, long walks only
- Cane, full time
- 2 canes or crutches
- Walker required or unable to walk

HILLS (UP)

- Climbs normally
- Climbs with foot externally rotated (turned out)
- Climbs on toes or by side-stepping
- Unable to climb hills

HILLS (DOWN)

- Descends normally
- Descends with foot externally rotated (turned out)
- Descends on toes or by side-stepping
- Unable to descend

STAIRS (UP)

- Climbs normally
- Needs banister
- Steps up with normal foot only
- Unable to climb stairs

STAIRS (DOWN)

- Descends normally
- Needs banister
- Steps down with normal foot only
- Unable to descend stairs

ABILITY TO RISE ON TOES (STABILITY)

- Able to rise on toes x 10 repetitions
- Able to rise on toes x 5 repetitions
- Able to rise on toes x 1 repetition
- Unable to rise on toes

RANGE OF MOTION (To be completed by Health Care Provider)

- Dorsiflexion beyond neutral
 - 40 degrees
 - 30 degrees
 - 20 degrees
 - 10 degrees
 - 5 degrees
 - 0 degrees
- Plantarflexion
 - 40 degrees
 - 30 degrees
 - 20 degrees
 - 10 degrees
 - 5 degrees
 - 0 degrees

RUNNING

- Able to run as much as desired
- Able to run but limited
- Unable to run

Examiner: _____