

<b>Name:</b>
<b>CRN:</b>
<b>Date of birth:</b>

OSWESTRY  
ANKLE  
SCOREFORM



This questionnaire has been designed to give information as how your ankle has affected your ability to manage in everyday life. Please answer every section, and tick the box to the **left** of the statement that most closely describes your situation. Please complete the ankle-score for **both** ankles.

Today's Date:

<b>RIGHT ANKLE</b>	<b>LEFT ANKLE</b>
<b>Date of operation</b>	<b>Date of operation</b>
<b>Type of ankle surgery</b>	<b>Type of ankle surgery</b>
<b>Score</b>	<b>Score</b>

PLEASE ANSWER THE QUESTIONS FOR **BOTH** SIDES

PAIN RIGHT LEFT

- |    |  |
|----|--|
| 50 | I have no pain.  |
| 40 | Occasional mild pain but I don't take painkillers          |
| 30 | I have regularly mild pain and take pain killers sometimes |
| 20 | I have moderate pain and require pain killers frequently   |
| 10 | I have severe pain even when I'm at rest                   |
| 0  | I am disabled because of my pain                           |

WALKING (Here the score applies to both ankles)

- |   |  |
|---|--|
| 6 | • I can walk as far as I want without any problems                 |
| 5 | • I can walk 200-300 yards but I then have to stop due to my ankle |
| 3 | • I can walk 50-100 yards but I then have to stop due to my ankle. |
| 1 | • I am unable to walk outside my house for shopping etc.           |
| 0 | • I am unable to walk due to my ankle                              |

WALKING AIDS (Here the score applies to both ankles)

- |   |  |
|---|--|
| 6 | I am using no walking aids             |
| 5 | I am using a long stick for long walks |
| 3 | I am using a stick full-time           |
| 1 | I am unable to walk due to my ankle    |

LIMP (Here the score applies to both ANKLES)

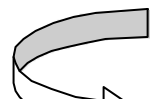
- |   |                                       |
|---|---------------------------------------|
| 6 | • I have no limp                      |
| 4 | • I have a slight limp                |
| 2 | • I have a severe limp                |
| 0 | • I am unable to walk due to my ankle |

STAIRS/STEPS (Here the score applies to both ankles)

- |   |   |
|---|---|
| 6 | • I can climb stairs/steps normally.                    |
| 3 | • I can climb stairs/steps using the banister.          |
| 1 | • I climb stairs/steps one foot at a time / any method. |
| 0 | • I cannot climb stairs/steps.                          |

GOING UP AND DOWN HILLS (Here the score applies to both ankles)

- |   |  |
|---|--|
| 6 | • I can go up and down hills normally                  |
| 4 | • I can go up and down hills with foot turned outwards |
| 2 | • I can only side step up and down hills               |
| 0 | • I can't go up and down hills at all                  |



STANDING ON TIP TOES (Here the score applies to both ankles)

- 5 • I can stand on tiptoes more than 10 times
- 3 • I can stand on tiptoes up to 5 times
- 1 • I can stand on tip toes only once
- 0 • I can't stand on tip toes at all

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RUNNING (Here the score applies to both ankles)

- 5 • I can run normally
  - 3 • I can run but it is limited because of my ankle
  - 0 • I am unable to run
- 

May we send you information on fund-raising events?

Yes • No •

**Please answer this question only after you've had your operation**

- 4 • I'm extremely pleased with the operation
- 3 • I'm pleased with the operation
- 2 • I'm not different to before the operation
- 1 • I'm worse then before the operation
- 0 • I'm much worse - wouldn't recommend it

↓↓↓ FOR CLINICIANS USE ONLY ↓↓↓

PLANTAR FLEXION

RIGHT LEFT

- 5 • • More than 40 degrees
- 4 • • Between 30 and 40 degrees
- 3 • • Between 20 and 30 degrees
- 2 • • Between 10 and 20 degrees
- 1 • • Less than 10 degrees
- 0 • • Zero degrees

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DORSIFLEXION

RIGHT LEFT

- 5 • • More than 30 degrees
  - 4 • • Between 24 and 30 degrees
  - 3 • • Between 16 and 23 degrees
  - 2 • • Between 8 and 15 degrees
  - 1 • • Less than 7 degrees
  - 0 • • Zero degrees
- 

A -Unilateral

B -Bilateral

BB -Bilateral other joint operated on

C -Multiple joint involvement

F -Fit

U -Unfit

*Thank you for your co-operation!*

