

Foot and Ankle Disability Index (FADI)

Name: _____ Date: _____

Please answer every question with one response that most closely describes your condition within the past week.

Foot and Ankle Disability Index (FADI)

Items	No difficulty at all (4)	Slightly difficult (3)	Moderately difficult (2)	Extremely difficult (1)	Unable to do (0)
1. Standing					
2. Walking on even ground					
3. Walking on even ground without shoes					
4. Walking up hills					
5. Walking down hills					
6. Going up stairs					
7. Going down stairs					
8. Walking on uneven ground					
9. Stepping up and down curb					
10. Squatting					
11. Sleeping					
12. Coming up to your toes					
13. Walking initially					
14. Walking 5 minutes or less					
15. Walking approximately 10 minute					
16. Walking 15 minutes or greater					
17. Home responsibilities					
18. Activities of daily living					
19. Personal car					
20. Light to moderate work (standing, walking)					
21. Heavy work (push/pulling, climbing, carrying)					
22. Recreational activities					

Pain related to the foot and ankle					
Items	No pain (4)	Mild pain (3)	Moderate pain (2)	Severe pain (1)	Unbearable (0)
23. General level of pain					
24. Pain at rest					
25. Pain during your normal activity					
26. Pain first thing in the morning					
Total FADI score out of 104:					

FADI sports

Items	No difficulty at all (4)	Slightly difficult (3)	Moderately difficult (2)	Extremely difficult (1)	Unable to do (0)
1. Running					
2. Jumping					
3. Landing					
4. Starting and stopping quickly					
5. Cutting/lateral movement					
6. Ability to perform activity with your normal technique					
7. Low-impact activities like fast walking					
8. Ability to participate in your desired sport as long as you would like					
Total FADI sports score out of 32:					

Additional notes

Hale, S. A., & Hertel, J. (2024). Reliability and sensitivity of the Foot and Ankle Disability Index in subjects with chronic ankle instability. *Journal of Athletic Training*, 49(3), 1–5. ‘

Budiman-Mak, E., Conrad, K. J., & Roach, K. E. (1991). The Foot Function Index: a measure of foot pain and disability. *Journal of Clinical Epidemiology*, 44(6), 561–570.