

## Achilles Pain Questionnaire

The following is based on a questionnaire developed at the Victorian Institute of Sport Assessment as a tool for measuring achilles tendon pain.

1. On a scale of 0 to 10 when first getting up in the morning how many minutes do you feel stiffness in the achilles tendon?

100 mins ← 0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10 → 0 mins

\_\_\_\_\_

2. Once warmed up how painful is it painful to stretch the achilles tendon over a step keeping the knee straight?

Severe ← 0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10 → No pain

\_\_\_\_\_

3. After walking on flat ground for 30 minutes do you have pain within the following 2 hours?

100 mins ← 0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10 → 0 mins

\_\_\_\_\_

4. How much pain do you experience when walking down stairs?

100 mins ← 0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10 → 0 mins

\_\_\_\_\_

5. Do you have pain during or immediately after doing 10 single leg heel raises on a flat surface?

100 mins ← 0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10 → 0 mins

\_\_\_\_\_

6. How many single leg hops can you do without pain?

0 ← 0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10 → 10

\_\_\_\_\_

7. How much exercise or sport are you currently doing?

- a) None = 0 pts
- b) Modified training or competition = 4pts
- c) Full training but not at same level as when symptoms began = 7pts
- d) Full training or competition at the same level or higher as when symptoms began = 10 pts

\_\_\_\_\_

8. Answer ONLY one of the following questions:

a) If you have no pain when doing sports which load the achilles tendon for how long can you train?

0 mins = 0pts    1-10 mins = 7pts    11-20 mins = 14 pts    21-30 mins = 21 pts    > 30 mins = 30 pts

b) If you have pain but it does not stop you from doing sport for how long can you train?

0 mins = 0pts    1-10 mins = 7pts    11-20 mins = 14 pts    21-30 mins = 21 pts    > 30 mins = 30 pts

c) If you have pain which prevents you from completing your training, for how long can you train?

0 mins = 0pts    1-10 mins = 7pts    11-20 mins = 14 pts    21-30 mins = 21 pts    > 30 mins = 30 pts

\_\_\_\_\_

Date:

Total score

\_\_\_\_\_