EUROPEAN FOOT AND ANKLE SOCIETY (EFAS)

www.efas.co

EFAS Score

Below you will find 6 questions relating to your foot and/or ankle problem.

Please answer each question by selecting the answer that best describes your situation in the last week. Each question can be answered on a 5-point scale, with descriptions given for the two endpoints of the scale.

If a question does not apply to you, please indicate this by checking the N/A box on the left.

QUESTIONS

No.	Question	Answer
1 N/A ◯	Do you have pain in your foot and/or ankle when you are at rest?	Always 0 1 2 3 Never 4
2 N/A ◯	How far can you walk before you get pain in your foot and/or ankle	Impossible 0 1 2 3 No limitation 4
3 N/A ◯	How much has your gait (i.e., the way you walk) changed because of your foot and/or ankle problem?	Extreme gait change 0 1 2 3 No change 4
4 N/A ◯	Do you have difficulty walking on uneven surfaces?	Always 0 1 2 3 Never 4
5 N/A ◯	Do you have pain in your foot and/or ankle when you are walking?	Always 0 1 2 3 Never 4
6 N/A ◯	How often do you have pain in your foot and/or ankle during physical activity?	Always 0 1 2 3 Never 4

SPORTS QUESTIONS

Please only answer these questions if you regularly engage in sports activities, if a specific question does not apply to your chosen sport, please check the N/A box

No.	Question	Answer
S1 N/A ◯	Can you run?	Impossible 0 1 2 3 4 No limitation
S2 N/A ◯	Can you jog?	Impossible 0 1 2 3 4 No limitation
S3 N/A ◯	Do you have problems landing after jumping?	Impossible 0 1 2 3 4 No limitation
S4 N/A ◯	Are you able to perform your sports with your usual technique?	Impossible 0 1 2 3 4 No limitation

You have now finished this survey. Thank you very much for your co-operation!

Source

Richter M, Agren P-H, Besse J-L, Coester M, Kofoed H, Maffulli N, Rosenbaum D, Steultjens M, Alvarez F, Boszczyk A, Buedts K, Guelfi M, Liszka H, Louwerens J-W, Repo JP, Samaila E, Stephens M, Witteveen AGH (2018) EFAS Score – Multilingual Development and Validation of a Patient-Reported Outcome Measure (PROM) by the Score Committee of the European Foot and Ankle Society (EFAS). Foot Ankle Surg 24 (3): 185-204