

SPORTS ANKLE RATING SYSTEM – CLINICAL RATING SCORE

PART I: SUBJECTIVE VISUAL ANALOG SCALES (Completed by the Patient)

Instructions: Each line below represents a range of function in the item listed to its left (Pain, Swelling, Stiffness, Giving Way, and Function). The left end of each line indicates severe difficulty in the listed item and the right end of each line indicates perfect function in that item. Please draw a **vertical line** across the point on each line that represents the level of difficulty you have experienced with your ankle in each item **during the past week**. You may mark *anywhere* along each line.

EXAMPLE	_____		_____
	Constant Symptoms		No Symptoms

PAIN

Severe Pain _____ No Pain

SWELLING

Severe Swelling _____ No Swelling

STIFFNESS

Very Stiff _____ No Stiffness

GIVING WAY

(when the ankle
rolls over)

Gives Way Often _____ No Giving Way

FUNCTION

Walking on
Level Surfaces
Is Difficult

Totally Normal
Ankle Function

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PART II: OBJECTIVE TESTS (Completed by the Provider)

GAIT	crutches required	moderate limp when walking	minimal limp when walking	walks normal, but cannot run	runs normal, but cannot hop	normal walking, running, & hopping
	0	2	4	6	8	10
MOTION (DORSIFLEXION*)	>20° reduction	16-20° reduction	11-15° reduction	6-10° reduction	1-5° reduction	DF equal to uninvolved side
	0	2	4	6	8	10
STRENGTH	too weak to move through full ROM	noticeable difference with minimal resistance	noticeable difference with moderate resistance	noticeable difference with maximal resistance	slight difference with maximal resistance	normal strength
	0	2	4	6	8	10
STABILITY	3+ drawer (+) talar tilt syndesmotic instability	2+drawer (+) talar tilt syndesmotic instability	2+ drawer (+) talar tilt	2+ drawer (-) talar tilt	1+ drawer (-) talar tilt	equal to uninvolved side
	0	2	4	6	8	10
POSTURAL STABILITY (Single Leg Stance for Time *)	cannot stand on one leg	<25%	25-49%	50-75%	76-89%	90-100%
	0	2	4	6	8	10
FUNCTION (Lateral Hop for Distance *)	cannot hop	<25%	25-49%	50-75%	76-89%	90-100%
	0	2	4	6	8	10

SUBJECTIVE SCORE: _____ of 40 points (_____ /40 x 100 = _____ %)

OBJECTIVE SCORE: _____ of 60 points (_____ /60 x 100 = _____ %)

COMBINED SCORE: _____ of 100 points

* Determined by representing the results of the injured ankle as a percentage of the results of the uninjured ankle