

The VISA-A Questionnaire: An index of the severity of Achilles tendinopathy

* Personal Information

Name

Date of Birth

In this questionnaire, the term pain refers specifically to pain in the Achilles Tendon region.

1. For how many minutes do you have stiffness in the Achilles region on first getting up?

0 1 2 3 4 5 6 7 8 9 10

100 Minutes

(Please circle the corresponding number)

0 Minutes

Points Subtotal

2. Once you are warmed up for the day, do you have pain when stretching the Achilles tendon fully over the edge of a step? (keeping knee straight)

0 1 2 3 4 5 6 7 8 9 10

Severe Pain

(Please circle the corresponding number)

No Pain

Points Subtotal

3. After walking on flat ground for 30 minutes, do you have pain within the next 2 hours?
(If unable to walk on flat ground for 30 minutes because of pain, score 0 for this question).

0 1 2 3 4 5 6 7 8 9 10

Severe Pain

(Please circle the corresponding number)

No Pain

Points Subtotal

4. Do you have pain walking downstairs with a normal gait cycle?

0 1 2 3 4 5 6 7 8 9 10

Severe Pain

(Please circle the corresponding number)

No Pain

Points Subtotal

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

0 1 2 3 4 5 6 7 8 9 10

Severe Pain

(Please circle the corresponding number)

No Pain

Points Subtotal

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

0 1 2 3 4 5 6 7 8 9 10

(Please circle the corresponding number)

Points Subtotal

7 Are you currently undertaking sport or other physical activity?

- 0 Not at all
 1 Modified training ± modified competition
 2 Full training ± competition but not at same level as when symptoms began
 3 Competing at the same or higher level as when symptoms began

(Please tick the corresponding box)

Points Subtotal

8 Please complete EITHER A, B or C in this question.

- If you have no pain while undertaking Achilles tendon loading sports please complete Q8a only.
- If you have pain while undertaking Achilles tendon loading sports but it does not stop you from completing the activity, please complete Q8b only.
- If you have pain that stops you from completing Achilles tendon loading sports, please complete Q8c only.

A If you have no pain while undertaking Achilles tendon loading sports, for how long can you train/practise?

| | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Nil | 1-10 mins | 11-20 mins | 21-30 mins | >30 mins |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 0 | 7 | 14 | 21 | 30 |

(Please tick the corresponding box)

Points Subtotal

B If you have some pain while undertaking Achilles tendon loading sport, but it does not stop you from completing your training/practise for how long can you train/practise?

| | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Nil | 1-10 mins | 11-20 mins | 21-30 mins | >30 mins |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 0 | 7 | 14 | 21 | 30 |

(Please tick the corresponding box)

Points Subtotal

C If you have pain that stops you from completing your training/practise in Achilles tendon loading sport, for how long can you train/practise?

| | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Nil | 1-10 mins | 11-20 mins | 21-30 mins | >30 mins |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 0 | 7 | 14 | 21 | 30 |

(Please tick the corresponding box)

Points Subtotal

Total Score: /100
Total: %