Ankle Activity Score

Halasi T, Kynsburg Á, Tállay A, Berkes I. Am J Sports Med. 2004;32(4):899–908

Name / Patient: _____ **Date:** _____

Clinician: _____ **Date of birth:** _____

Instructions
Circle or write down the patient's activity level using the list below. Choose the sport or activity that requires the highest level of ankle load. T = Top level, C = Lower competitive levels, R = Recreational level.

Category	Sports and Activities	T	C	R
10	American football	10	9	8
	Basketball	10	9	8
	Gymnastics	10	9	8
	Handball	10	9	8
	Rugby	10	9	8
	Soccer	10	9	8
9	Hockey	9	8	7
	Korfball	9	8	7
	Martial arts: judo, karate, kung fu, taekwondo	9	8	7
	Orienteering	9	8	7
	Rhythmic gymnastics	9	8	7
	Volleyball	9	8	7
8	Boxing	8	7	6
	Freestyle snowboarding	8	7	6
	Ice hockey	8	7	6
	Tennis	8	7	6
	Wrestling	8	7	6
7	Aerobics, fitness	7	6	5
	Badminton	7	6	5
	Baseball	7	6	5
	Cross-country running	7	6	5
	Modern pentathlon	7	6	5
	Squash	7	6	5
	Surfing, windsurfing	7	6	5
	Table tennis	7	6	5
	Track and field: field events	7	6	5
	Water skiing	7	6	5

Category	Sports and Activities	T	C	R
6	Dancing	6	5	4
	Fencing	6	5	4
	Floorball	6	5	4
	Mountain and hill climbing	6	5	4
	Nordic skiing	6	5	4
	Parachuting	6	5	4
	Softball	6	5	4
	Special professions and working activities [b]		6	
5	Diving	5	5	4
	Scuba diving	5	5	4
	Skating, in-line skating	5	5	4
	Track and field: track events	5	5	4
	Triathlon	5	5	4
	Weightlifting, body building	5	5	4
	All competitive sports of categories 4 and 3 with seasonal conditioning		5	
	Heavy physical work		5	

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Category	Sports and Activities	T	C	R
4	Alpine skiing and snowboarding	4	4	4
	Bowling/curling	4	4	4
	Golf	4	4	4
	Mountain biking/bmx	4	4	4
	Power lifting	4	4	4
	Sailing	4	4	4
	Physical work		4	
3	Cycling	3	3	3
	Equestrian	3	3	3
	Motorsports, technical sports	3	3	3
	Rowing, kayaking	3	3	3
	Shooting, archery	3	3	3
	Water polo and swimming	3	3	3
	Able to walk on any uneven ground		3	

Category	Sports and Activities	T	C	R
2	No sports, everyday activities not limited		2	
1	Able to walk on even ground, but everyday activities limited		1	
0	Unable to walk, disabled because of ankle problems		0	

Score legend

T – Top level: international elite, professional, national team, or first division

C – Lower competitive levels

R – Recreational level: participation should be considered only if it exceeds 50 hours per year

[b] – Special professions include ballet dancer, professional soldier, special rescue worker, stuntman, and so forth

Score

Ankle Activity Score: _____ / 10

Interpretation: a higher score means a greater ankle load. Score 0 = unable to walk because of ankle problems; score 10 = participation at top level in sports with the highest ankle load.