ALR-RSI Scale

Ankle Ligament Reconstruction – Return to Sport after Injury

Naam / Patiënt	Datum
Behandelaar	Geboortedatum

Instructie
Beantwoord de onderstaande vragen met betrekking tot uw primaire sport vóór de blessure. Kruis voor elke vraag een vakje aan tussen de twee uitersten om aan te geven hoe u zich op dit moment voelt.

1. Are you confident that you can perform at your previous level of sport participation?

	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	
Not at all confident												*Fully confident*

2. Do you think you are likely to re-injure your ankle by participating in your sport?

	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	
Extremely likely												*Not likely at all*

3. Are you nervous about playing your sport?

	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	
Extremely nervous												*Not nervous at all*

4. Are you confident that your ankle will not give way by playing your sport?

	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	
Not at all confident												*Fully confident*

5. Are you confident that you could play your sport without concern for your ankle?

	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	
Not at all confident												*Fully confident*

6. Do you find it frustrating to have to consider your ankle with respect to your sport?

	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	
Extremely frustrating												*Not at all frustrating*

7. Are you fearful of re-injuring your ankle by playing your sport?

	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	
Extremely fearful												*No fear at all*

8. Are you confident about your ankle holding up under pressure?

Not at all confident	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	*Fully confident*

9. Are you afraid of accidentally injuring your ankle by playing your sport?

Extremely afraid	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	*Not at all afraid*

10. Do thoughts of having to go through surgery and rehabilitation prevent you from playing your sport?

All of the time	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	*None of the time*

11. Are you confident about your ability to perform well at your sport?

Not at all confident	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	*Fully confident*

12. Do you feel relaxed about playing your sport?

Not at all relaxed	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	*Fully relaxed*

Score

ALR-RSI totaalscore × 100 / 120 = _____ %

Bron: Sigonney F et al. The ankle ligament reconstruction-return to sport after injury (ALR-RSI) is a valid and reproducible scale to quantify psychological readiness before returning to sport after ankle ligament reconstruction. Knee Surg Sports Traumatol Arthrosc. 2020;28(12):4003-4010. | FA Education – www.fa-education.nl