Ankle Activity Score

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Naam / Patiënt	Datum
Behandelaar	Geboortedatum

Instructie
Omcirkel of noteer het activiteitsniveau van de patiënt aan de hand van de onderstaande lijst. Kies de sport of activiteit die het hoogste niveau van enkelbelasting vereist. 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

Category	Sports and Activities	T	C	R
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		
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		
2	No sports, everyday activities not limited	2		
1	Able to walk on even ground, but everyday activities limited	1		

Category	Sports and Activities	T	C	R
	Table tennis	7	6	5
	Track and field: field events	7	6	5
	Water skiing	7	6	5
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		

Category	Sports and Activities	T	C	R
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

Interpretatie: Een hogere score betekent een grotere enkelbelasting. Score 0 = niet kunnen lopen door enkelklachten; Score 10 = deelname op topniveau in sporten met de hoogste enkelbelasting.

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