








QUICK ANKLE SELF- ASSESSMENT

physica

IF YOU ARE UNABLE TO AGREE TO ALL OF THE TASKS LISTED IN YOUR AGE COLUMN YOU SHOULD GET YOUR ANKLE ASSESSED BY ONE OF OUR **MUSCULOSKELETAL PHYSIOTHERAPISTS**

	AGE	<35	36-59	60- 79	80+
	1. MY ANKLE DOES NOT STOP ME FROM WALKING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	2. I CAN STAND ON ONE LEG WITHOUT ANKLE PAIN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	3. I HOP ON MY ANKLE WITHOUT PAIN OR INSTABILITY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	4. I CAN WALK AND RUN ON UNEVEN SURFACES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	5. I CAN SQUAT WITHOUT ANKLE PAIN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	6. NUMBER OF CALF RAISES (BOTH LEGS AT SAME TIME)	<input type="checkbox"/> 30+	<input type="checkbox"/> 25+	<input type="checkbox"/> 20	<input type="checkbox"/> 15+
	7. NUMBER OF SINGLE LEG CALF RAISES	<input type="checkbox"/> 30 +	<input type="checkbox"/> 25+	<input type="checkbox"/> 15	<input type="checkbox"/> 10
	8. I CAN CHANGE DIRECTION WHILST WALKING / RUNNING WITHOUT ANKLE PAIN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



OUR TEAM AT PHYSICA IS HERE TO HELP YOU REGAIN YOUR HEALTH AND ACTIVITY. CONTACT ONE OF OUR TEAM FOR A CHECKUP FROM ONE OF OUR **PHYSIOTHERAPISTS**

RINGWOOD | CHIRNSIDE PARK | KNOXFIELD