

Pain

None

Mild, no limited recreational activities

Moderate, limited recreational, but not daily activities

Severe, limited recreational and daily activities

Stiffness

None

Mild, occasional, no limited recreational activities

Moderate, limited recreational, but not daily activities

Severe, limited recreational and daily activities

Muscle Weakness (subjective)

None

Mild, occasional, no limited recreational activities

Moderate, limited recreational, but not daily activities

Severe, limited recreational and daily activities

Footwear Restrictions

None

Mild, most shoes tolerated

Moderate, unable to tolerate fashionable shoes, modified shoes tolerated

Severe, all shoes cause irritation and/or discomfort

Work Restrictions

None

Mild, need to rest after a half day at work

Moderate, need to rest after one hour

Severe, sitting job only

Overall Result (subjective)

Very Satisfied

Satisfied with minor reservations

Satisfied with major reservations

Dissatisfied

TABLE 2 The modified VISA-A (Victorian Institute of Sport Assessment-Achilles) Questionnaire.