ANKLE	
Location	□ Left □ Right □ Both
Pain Ratings	□ 0 □1 □2 □3 □4 □5 □6 □7 □8 □9 □10 (Excruciating)
Frequency	☐ Infrequent < 25% ☐ Occasional 25% to 50%
	☐ Frequent 50% to 75% ☐ Constant > 75%
Pain/Severity	□ No Pain □ Pain □ Numbness □ Tingling / □ Mild □ Moderate □ Severe
Associated with	□ Decreased ROM □ Increased Sensitivity □ Numbness
	□ Stiffness □ Swelling □ Tingling □ Weakness
Radiates to	□ Right Calf □ Left Calf □ Left Foot □ Right Foot □ Right Toes □ Left Toes
Described as	☐ Aching ☐ Dull ☐ Sharp ☐ Stabbing ☐ Throbbing
At its worst	☐ Morning ☐ Afternoon ☐ Evening ☐ Night
	After Activities: ☐ Light ☐ Moderate
What makes it better?	☐ Lying Down ☐ Medication ☐ Nothing ☐ Range of Motion
	□ Sitting □ Standing □ Stretching
What makes it worse?	☐ Range of motion ☐ Walking upstairs ☐ Walking downstairs ☐ Weight Bearing
	Prolonged: ☐ Sitting ☐ Standing ☐ Walking