This is a Sample version of the Foot Function Index (FFI)

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- FFI Overview information
- FFI Scoring/ Administration instructions
- FFI Complete Questionnaire/
  Assessment
- FFI Clinical Validity

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THE FOOT FUNCTION INDEX: A MEASURE OF FOOT PAIN AND DISABILITY

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Abstract—A Foot Function Index (FFI) was developed to measure the impact of foot pathology on function in terms of pain, disability and activity restriction. The FFI is a self-administered index consisting of 23 items divided into 3 sub-scales. Both total and sub-scale scores are produced. The FFI was examined for test-retest reliability, internal consistency, and construct and criterion validity. A total of 87 patients with rheumatoid arthritis were used in the study. Test-retest reliability of the FFI total and sub-scale scores ranged from 0.87 to 0.69. Internal consistency ranged from 0.96 to 0.73. With the exception of two items, factor analysis supported the construct validity of the total index and the sub-scales. Strong correlation between the FFI total and sub-scale scores and clinical measures of foot pathology supported the criterion validity of the index. The FFI should prove useful for both clinical and research purposes.

Foot Function Pain Disability Reliability Validity

INTRODUCTION

Complaints of foot pain are common in older individuals and in patients with rheumatoid arthritis (RA). Foot problems become a significant health concern at older ages. They are mentioned in 1.7 out of every 100 physician office visits made by individuals 75 and older [1]. The high prevalence of foot problems in the elderly is especially important because they appear to increase the risk of falls [2] and falls result in significant mortality and morbidity in this age group [3]. In patients with RA, the estimated prevalence of foot involvement ranges from 20% in early to 90% in late stages of the disease [4, 5]. Foot problems, therefore, may contribute substantially to the disability associated with RA.

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This is the end of the SAMPLE FFI clinical validity. Please return to page 1 to purchase complete version.
Foot Function Index (FFI)

Scoring and Administration

Description of the Index

The FFI is an easily administered clinical index which provides a practical method of measuring foot function in an outpatient setting.

The FFI consists of three sub-scales, two of which appear to measure different, though related, aspects of foot function.

The FFI is designed to measure both current state, defined as the past week, and change in status. It consists of 23 items grouped into three sub-scales. Because the FFI was developed for use with a predominately elderly outpatient population, it was designed to be both short and simple. The number of items was minimized to reflect this consideration. The sub-scales were formed to provide information on three unique aspects of function- foot pain, disability and activity limitation—as they related to foot pathology.

Scoring system

The FFI's scoring system is based on the assumption that the severity of an impairment in foot function is determined both by the number of situations in which the patient experiences pain, difficulty or activity limitation due to a foot problem as well as by the intensity of that experience in each situation.

This is the end of the SAMPLE FFI Scoring/ Administration instructions. Please return to page 1 to purchase complete version.
Foot Function Index

Patient Name: __________________________ Date:__________

This questionnaire has been designed to give your therapist information as to how your foot pain has affected your ability to manage in everyday life. Please answer every question. For each of the following questions, we would like you to score each question on a scale from 0 (no pain or difficulty) to 10 (worst pain imaginable or so difficult it required help) that best describes your foot over the past WEEK. Please read each question and place a number from 0-10 in the corresponding box.

<table>
<thead>
<tr>
<th>No Pain</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
<th>Worst Pain Imaginable</th>
</tr>
</thead>
</table>

Pain Subscale: How severe is your foot pain:

<table>
<thead>
<tr>
<th>Foot pain at its worst?</th>
<th>Pain standing with shoes?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foot pain in morning?</td>
<td>Pain walking with orthotics?</td>
</tr>
<tr>
<td>Pain walking barefoot?</td>
<td>Pain standing with orthotics?</td>
</tr>
<tr>
<td>Pain standing barefoot?</td>
<td>Foot pain at end of day?</td>
</tr>
<tr>
<td>Pain walking with shoes?</td>
<td></td>
</tr>
</tbody>
</table>