

THE VISA-A QUESTIONNAIRE

An index of the severity of Achilles tendinopathy

In this questionnaire the term pain refers specifically to pain in the Achilles tendon region

1. For how many minutes do you have stiffness in the Achilles region on first getting up?

100 min	100 min	90 min	80 min	70 min	60 min	50 min	40 min	30 min	20 min	10 min	0 min	0 min	
	0	1	2	3	4	5	6	7	8	9	10		Points

2. Once you are warmed up for the day, do you have pain when stretching the Achilles tendon fully over the edge of a step? (keeping knee straight)

strong/ severe pain	0	1	2	3	4	5	6	7	8	9	10	no pain	
													Points

3. After walking on flat ground for 30 minutes, do you have pain within the next 2 hours? (If unable to walk on flat ground for 30 minutes because of pain, score 0 for this question).

strong/ severe pain	0	1	2	3	4	5	6	7	8	9	10	no pain	
													Points

4. Do you have pain walking downstairs with a normal gait cycle?

strong/ severe pain	0	1	2	3	4	5	6	7	8	9	10	no pain	
													Points

5. Do you have pain during or immediately after doing 10 (single leg) heel raises from a flat surface?

strong/ severe pain	0	1	2	3	4	5	6	7	8	9	10	no pain	
													Points

6. How many single leg hops can you do without pain?

0	0	1	2	3	4	5	6	7	8	9	10	10	
													Points

Name: _____ Date: _____

7. Are you currently undertaking sport or other physical activity?

- | | | | |
|----|--------------------------|---|---|
| 0 | <input type="checkbox"/> | Not at all | <input style="width: 50px; height: 50px;" type="checkbox"/> |
| 4 | <input type="checkbox"/> | Modified training ± modified competition | |
| 7 | <input type="checkbox"/> | Full training ± competition but not at same level as when symptoms began. | |
| 10 | <input type="checkbox"/> | Competing at the same or higher level as when symptoms began | |

8. Please complete **EITHER A, B or C** in this question.

- If you have **no pain while undertaking Achilles tendon loading sports** please complete **Q8a only**.
- If you have **pain while undertaking Achilles tendon loading sports but it does not stop you from completing the activity**, please complete **Q8b only**.
- If you have **pain that stops you from completing Achilles tendon loading sports**, please complete **Q8c only**.

A. If you have **no pain** while undertaking **Achilles tendon loading sports**, for how long can you train/practise?

0 min <input style="width: 50px; height: 25px;" type="checkbox"/>	1-10 min <input style="width: 50px; height: 25px;" type="checkbox"/>	11-20 min <input style="width: 50px; height: 25px;" type="checkbox"/>	21-30 min <input style="width: 50px; height: 25px;" type="checkbox"/>	>30 min <input style="width: 50px; height: 25px;" type="checkbox"/>	<input style="width: 50px; height: 50px;" type="checkbox"/>
0	7	14	21	30	

OR

B. If you have some pain while undertaking **Achilles tendon loading sport**, but it does not stop you from completing your training/practice for how long can you train/practice?

0 min <input style="width: 50px; height: 25px;" type="checkbox"/>	1-10 min <input style="width: 50px; height: 25px;" type="checkbox"/>	11-20 min <input style="width: 50px; height: 25px;" type="checkbox"/>	21-30 min <input style="width: 50px; height: 25px;" type="checkbox"/>	>30 min <input style="width: 50px; height: 25px;" type="checkbox"/>	<input style="width: 50px; height: 50px;" type="checkbox"/>
0	4	10	14	20	

OR

C. If you have **pain that stops you** from completing your training/practice in **Achilles tendon loading sports**, for how long can you train/practice?

?

0 min <input style="width: 50px; height: 25px;" type="checkbox"/>	1-10 min <input style="width: 50px; height: 25px;" type="checkbox"/>	11-20 min <input style="width: 50px; height: 25px;" type="checkbox"/>	21-30 min <input style="width: 50px; height: 25px;" type="checkbox"/>	>30 min <input style="width: 50px; height: 25px;" type="checkbox"/>	<input style="width: 50px; height: 50px;" type="checkbox"/>
0	2	5	7	10	