

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 mins 

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 0 mins

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 

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 no pain

0   1   2   3   4   5   6   7   8   9   10

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 

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 no pain

0   1   2   3   4   5   6   7   8   9   10

POINTS

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

strong  
severe  
pain

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no pain

0 1 2 3 4 5 6 7 8 9 10

POINTS

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

strong  
severe  
pain

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no pain

0 1 2 3 4 5 6 7 8 9 10

POINTS

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

0

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10

0 1 2 3 4 5 6 7 8 9 10

POINTS

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

0  Not at all

4  Modified training ± modified competition

7  Full training ± competition but not at same level as when symptoms began

10  Competing at the same or higher level as when symptoms began

POINTS

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?

NIL	1-10 mins	11-20 mins	21-30mins	>30 mins	POINTS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input 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/practise?

NIL	1-10 mins	11-20 mins	21-30mins	>30 mins	POINTS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input 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 sport**, for how long can you train/practise?

NIL	1-10 mins	11-20 mins	21-30mins	>30 mins	POINTS
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
0	2	5	7	10	

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**TOTAL SCORE ( /100)     %**

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