

P: (07) 839 1800

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E: care@riverradiology.co.nz

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A: Victoria Clinic, 750 Victoria St, Hamilton 3204 A: **Hood St Clinic**, 30 Hood St, Hamilton 3204

Please return by fax or email to: care@riverradiology.co.nz

## The VISA-A Questionnaire: An index of the severity of Achilles tendinopathy

Per	sonal Int	ormation	1								
Name										Date of Birth	
:his q	uestionn	aire, the	term pai	n refers s	specifical	ly to pair	the in A	chilles Te	endon re	gion.	
For	how ma	ıny minut	es do yo	ou have	stiffness	in the Ac	chilles re	gion on	first gett	ting up?	
0	1	2	3	4	5	6	7	8	9	10	
100 Mir	nutes			(Please c	ircle the corre	sponding numl	oer)			0 Minutes	Points Subtotal
		are warm ne edge						en stretc	thing the	: Achilles tend	on
0	1	2	3	4	5	6	7	8	9	10	
Severe	Pain			(Please c	ircle the corre	sponding numl	oer)			No Pain	Points Subtotal
										2 hours? this question)	
Severe	Pain			(Please c	ircle the corre	sponding numl	oer)			No Pain	Points Subtotal
Do	you hav	re pain u	ualking c	downstaiı	rs with a	normal	gait cyc	:le?			
0	1	2	3	4	5	6	7	8	9	10	
Severe	Pain			(Please c	(Please circle the corresponding number)						Points Subtotal
Do	you hav	re pain c	during oi	· immedic	ately aft	zr doing	10 (sing	gle leg)	heel rais	es from a flat	surface?
0	1	2	3	4	5	6	7	8	9	10	
Severe	Poin			(Please o	irole the corro	sponding num	norl			No Pain	Pointe Subtotal



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Н	ow many	single leg	hops ca	ın you c	do witho	out pain?					
0	1	2	3	4	5	6	7	8	9	10	
(Plea	se circle the co	orresponding number	er)								Points Subtotal
Δ	ra vou c	urrently unc	lertakina	a sport (	or other	physica	Lactivity	u2			
7.0	_	•	remaking	, 10011	or officer	priysica	raciivii	, .			
0	_	lot at all Iodified trainii	na + mod	lified com	nnetition						
2	_	ull training $\pm 0$				e level as	when syr	nptoms b	egan		
3		competing at	the same	or highe	er level as	when syn	nptoms b	egan			
(Plea	se tick the con	responding box)									Points Subtotal
<b>P</b> I	ease co	mplete EITH	ER A, B o	or C in t	this que	stion.					
If vo	ou have no	o pain while u	ndertakin	a Achille	s tendon	loading si	ports plea	ase comp	lete Q8a c	nlv.	
If yo	ou have pa	ain while unde	ertaking A	_						om completing	the
		e complete C		complet	tina Achil	les tendor	n loading	snorts nl	ease com	olete Q8c only.	
ii ye	α πανο ρι	an that otopo	you non	roompio		100 1011001	rioddirig	oporto, pi	0000 00111	oloto Qoo oriiy.	
lf	you hav	e no pain u	uhile und	dertakin	g Achille	es tendo	n loadir	ng sport	s, for how	long can yo	u train/practise?
Ν	il	1-10 n	nins	-	11-20 n	nins	2	1-30 mi	ins	>30 min	IS
				_				_			
0		7		1	14		2	1		30	
(Plea	se tick the con	responding box)									Points Subtotal
lf	you hav	e some pai	n while u	underta	king Acl	hilles ten	don loa	ding spa	ort, but it	does not sto	p you from
C	ompletin	g your train	ing/prac	ctice fo	r how lo	ng can	you traii	n/practis	se?		
Ν	il	1-10 n	nins	-	11-20 n	nins	2	1-30 mi	ins	>30 min	IS
	l	7		[				_		20	
0		7		1	14		2	ı		30	
(Plea	se tick the con	responding box)									Points Subtotal
				ou from	comple	ting you	r trainin	g/practi	ce in Act	nilles tendon l	oading sport, for how
10	ng can	you train/pi									
Ν	il ı	1-10 n	nins		11-20 n	nins	_	1-30 mi	ins	>30 min	IS
0	l	7		L 1	14		2	_		30	
(Plea	se tick the con	responding box)									Points Subtotal

Total Score: /100 Total: