

Appendix 1: The Cumberland Ankle Instability Tool (subject's version)

Please tick the ONE statement in EACH question that BEST describes your ankles.

	QUESTION ITEM	RIGHT	LEFT
1.	I have PAIN in my ankle		
	Never	☐	☐
	During sport	☐	☐
	Running on uneven surfaces	☐	☐
	Running on level surfaces	☐	☐
	Walking on uneven surfaces	☐	☐
	Walking on level surfaces	☐	☐
2.	My ankle feels UNSTABLE		
	Never	☐	☐
	Sometimes during sport (not every time)	☐	☐
	Frequently during sport (every time)	☐	☐
	Sometimes during daily activity	☐	☐
	Frequently during daily activity	☐	☐
3.	When I make SHARP turns, my ankle feels UNSTABLE		
	Never	☐	☐
	Sometimes when running	☐	☐
	Often when running	☐	☐
	When walking	☐	☐
4.	When going down the stairs, my ankle feels UNSTABLE		
	Never	☐	☐
	If I go fast	☐	☐
	Occasionally	☐	☐
	Always	☐	☐
5.	My ankle feels UNSTABLE when standing on ONE leg		
	Never	☐	☐
	On the ball of my foot	☐	☐
	With my foot flat	☐	☐
6.	My ankle feels UNSTABLE when		
	Never	☐	☐
	I hop from side to side	☐	☐
	I hop on the spot	☐	☐
	When I jump	☐	☐
7.	My ankle feels UNSTABLE when		
	Never	☐	☐
	I run on uneven surfaces	☐	☐

	I jog on uneven surfaces	☐	☐
	I walk on uneven surfaces	☐	☐
	I walk on a flat surface	☐	☐
8.	TYPICALLY, when I start to roll over (or “twist”) on my ankle, I can stop it		
	Immediately	☐	☐
	Often	☐	☐
	Sometimes	☐	☐
	Never	☐	☐
	I have never rolled over on my ankle	☐	☐
9.	After a TYPICAL incident of my ankle rolling over, my ankle returns to “normal”		
	Almost immediately	☐	☐
	Less than one day	☐	☐
	1 - 2 days	☐	☐
	More than 2 days	☐	☐
	I have never rolled over on my ankle	☐	☐