Appendix 1: Original version of the Cumberland Ankle Instability Tool

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

	Left	Right	Score
1. I have pain in my ankle			
Never	☐	☐	5
During sport	☐	☐	4
Running on uneven surfaces	☐	☐	3
Running on level surfaces	☐	☐	2
Walking on uneven surfaces	☐	☐	1
Walking on level surfaces	☐	☐	0
2. My ankle feels UNSTABLE			
Never	☐	☐	4
Sometimes during sport (not every time)	☐	☐	3
Frequently during sport (every time)	☐	☐	2
Sometimes during daily activity	☐	☐	1
Frequently during daily activity	☐	☐	0
3. When I make SHARP turns, my ankle feels UNSTABLE			
Never	☐	☐	3
Sometimes during running	☐	☐	2
Often when running	☐	☐	1
When walking	☐	☐	0
4. When going down the stairs, my ankle feels UNSTABLE			
Never	☐	☐	3
If I go fast	☐	☐	2
Occasionally	☐	☐	1
Always	☐	☐	0
5. My ankle feels UNSTABLE when standing on ONE leg			
Never	☐	☐	2
On the ball of my foot	☐	☐	1
With my foot flat	☐	☐	0
6. My ankle feels UNSTABLE when			
Never	☐	☐	3
I hop from side to side	☐	☐	2
I hop on the spot	☐	☐	1
When I jump	☐	☐	0
7. My ankle feels UNSTABLE when			
Never	☐	☐	4
I run on uneven surfaces	☐	☐	3
I jog on uneven surfaces	☐	☐	2
I walk on uneven surfaces	☐	☐	1
I walk on a flat surface	☐	☐	0
8. TYPICALLY, when I start to roll over (or “twist”) on my ankle, I can stop it			
Immediately	☐	☐	3
Often	☐	☐	2
Sometimes	☐	☐	1
Never	☐	☐	0
I have never rolled over on my ankle	☐	☐	3

	Left	Right	Score
9. After a TYPICAL incident of my ankle rolling over, my ankle returns to "normal"			
Almost immediately	☐	☐	3
Less than one day	☐	☐	2
1–2 days	☐	☐	1
More than 2 days	☐	☐	0
I have never rolled over on my ankle	☐	☐	3