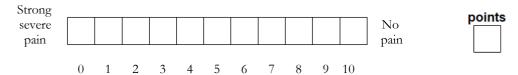
												Con	sensus statement
Suppleme	entary i	file V	ISA-	A que	estion	nair	e						
Name: Date of Date of			 n:										
IN THI								PAII	N RE	EFER	S SPE	CIFICAL	LY TO PAIN
1.	For houp?	ow ma	ıny m	inute	s do y	ou h	ave st	iffnes	s in t	he A	chilles 1	region on	first getting
													points 100 min
	0	1	2	3	4	5	6	7	8	9	10		
2.												stretchiną traight)	g the
Strong severe												No pain	points
pain	0	1	2	3	4	5	6	7	8	9	10		
3.		(If u	nable									n within tl use of pair	ne next 2 n, score 0 for
Strong severe												No pain	points
Раш	0	1	2	3	4	5	6	7	8	9	10		

7		•		•		37		-	-	+ ^			•	•
v	٠,	u	ш	eı	ıĸ	10	-	-51	ta	ιe	ш	æ	ш	и.

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



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



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

points												
points												
	10	0	Q	7	6	5	1	3	2	1	0	

2

3

CUL	ıse	1151	IS S	lat	-	еш

7. Are you	currently undertaking sport or other physical activity?	points
0	Not at all	
4	Modified training ± modified competition	
7	Full training $\pm$ competition but not at same level as when symptoms began	
10	Competing at the same or higher level as when symptoms	

 $\ \, \text{de Vos R-J}, \, et \, al. \, Br \, J \, Sports \, Med \, 2021; 0:1-10. \, \, \text{doi:} \, 10.1136/\text{bjsports-}2020-103867$ 

Consensus statement

8.	ease complete <b>EITHER A, B or C</b> in this question.	
0	If you have no pain while undertaking Achilles tendon loading sports pleas complete Q8a only  If you have pain while undertaking Achilles tendon loading sports but it doe 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.	es
A	If you have no pain while undertaking Achilles tendon loading sports, for how long can you train/practise?	
	1-10 min 11-20 min 21-30 min >30 min <b>points</b> 7 14 21 30	
O B	If you have some pain while undertaking Achilles tendon loading sport, but it on not stop you from completing your training/practice for how long can train/practise?	
	1-10 min 11-20 min 21-30 min >30 min <b>points</b> 1-10 min 11-20 min 21-30 min >30 min points  1-10 min 11-20 min 21-30 min >30 min points	
O	If you have pain that stops you from completing your training/practice in Achilles tendon loading sport, for how long can you train/practise?	
NII	1-10 min 11-20 min 21-30 min >30 min <b>points</b>	

/100)

TOTAL SCORE (