

TABLE E-1 The Ankle Osteoarthritis Scale (AOS)

Pain Subscale

The line next to each item represents the level of pain you typically had in each situation. On the far left is “No pain” and on the far right is “The worst pain imaginable.” Place a mark on the line to indicate how bad your ankle pain was in each of the following situations during the past week. If you were not involved in one or more of these situations, mark that item as NA.

How severe was your ankle pain:	No Pain	Worst pain imaginable	NA
1. At its worst?			
2. Before you get up in the morning?			
3. When you walked barefoot?			
4. When you stood barefoot?			
5. When you walked wearing shoes?			
6. When you stood wearing shoes?			
7. When you walked wearing shoe inserts or braces?			
8. When you stood wearing shoe inserts or braces?			
9. At the end of the day?			

Disability Subscale

The line next to each item represents the level of difficulty you had when performing an activity. On the far left is “No difficulty” and on the far right is “Too difficult to perform.” Place a mark on the line to indicate how much difficulty you had when performing each activity because of your ankle during the past week. If you did not perform an activity during the past week, mark that item as NA.

How much difficulty did you have	No difficulty	Too difficult to perform	NA
1. Walking around the house?			
2. Walking outside on uneven ground?			
3. Walking four or more blocks?			
4. Climbing stairs?			
5. Descending stairs?			
6. Standing on tip toes?			
7. Getting out of a chair?			
8. Climbing up or down curbs?			
9. Walking fast or running?			

TABLE E-2 Improvement from Baseline in AOS, AOFAS, and Clinical Balance Test Scores in the Two Age Groups*

	≤55 Years (N = 25)†	>55 Years (N = 21)†	Difference Between the Age Groups‡	P Value§
1 month				
AOS				
Total	-2.0 ± 1.3	-1.8 ± 1.1	-0.2 ± 0.3	0.577
Pain	-1.8 ± 1.2	-1.7 ± 1.0	-0.1 ± 0.3	0.664
Disability	-2.2 ± 1.6	-2.0 ± 1.3	-0.3 ± 0.4	0.562
AOFAS	14.9 ± 13.3	10.9 ± 8.5	4.0 ± 3.3	0.228
SLS	7.9 ± 12.0	1.9 ± 2.5	5.9 ± 2.5	0.022 (power = 59%)
FRT	4.5 ± 4.7	2.3 ± 1.6	2.2 ± 1.0	0.038 (power = 52%)
TUG	-1.4 ± 2.0	-1.4 ± 2.0	-0.1 ± 0.6	0.923
BBS	0.9 ± 1.4	2.2 ± 3.3	-1.3 ± 0.8	0.110
3 months				
AOS				
Total	-2.3 ± 1.6	-1.8 ± 1.0	-0.5 ± 0.4	0.185
Pain	-2.3 ± 1.7	-1.8 ± 1.1	-0.5 ± 0.4	0.211
Disability	-2.4 ± 1.7	-1.9 ± 1.3	-0.5 ± 0.4	0.234
AOFAS	17.8 ± 13.6	11.6 ± 10.6	6.3 ± 3.6	0.087
SLS	11.7 ± 15.3	4.4 ± 7.4	7.3 ± 3.5	0.042 (power = 50%)
FRT	5.0 ± 5.7	3.0 ± 2.4	2.0 ± 1.3	0.114
TUG	-1.4 ± 2.3	-1.8 ± 1.9	0.4 ± 0.6	0.560
BBS	1.2 ± 2.1	3.1 ± 2.9	-1.9 ± 0.8	0.014 (power = 71%)
6 Months				
AOS				
Total	-2.5 ± 2.0	-2.1 ± 1.3	-0.4 ± 0.5	0.416
Pain	-2.3 ± 2.0	-1.7 ± 1.2	-0.6 ± 0.5	0.231
Disability	-2.7 ± 2.1	-2.5 ± 1.6	-0.2 ± 0.5	0.710
AOFAS	19.1 ± 14.3	12.9 ± 10.0	6.3 ± 3.6	0.089
SLS	12.9 ± 17.4	2.8 ± 4.9	10.1 ± 3.6	0.010 (power = 71%)
FRT	2.8 ± 4.2	3.7 ± 3.9	-0.8 ± 1.2	0.482
TUG	-1.7 ± 2.3	-1.8 ± 1.3	0.2 ± 0.5	0.785
BBS	0.8 ± 2.4	3.0 ± 3.0	-2.2 ± 0.8	0.011 (power = 77%)

*AOS = Ankle Osteoarthritis Scale (possible range, 0-10), AOFAS = American Orthopaedic Foot & Ankle Society Ankle-Hindfoot Score (possible range, 0-100), SLS = single-leg stance test, FRT = functional reach test, TUG = timed up-and-go test, and BBS = Berg Balance Scale (possible range, 0-56). †The values are given as the mean and the standard deviation. ‡The values are given as the mean and the standard error of the mean. §Independent-sample t test.