

Development and validation of the Copenhagen Ankle Range of Motion Scale (CARS) version 1.0

Supplementary material:

Copenhagen Ankle ROM Scale

Min syge side er ☐ Højre ☐ Venstre (sæt et kryds ved den rigtige side)

1. Dette spørgsmål vedrører hvor langt du kan bevæge nedad i anklen.

Du skal ligge på ryggen med strakte knæ.

Du skal bøje foden nedad så meget du kan og så finde det billede, der bedst passer og sætte et kryds ved det.



☐ 1



☐ 2



☐ 3



☐ 4



☐ 5



☐ 6

2. Så er det opad-bøjningen i anklen, du skal angive. Du skal ligge ned på ryggen med strakte knæ. Så skal du bøje foden så meget opad du kan og markere, hvilket billede, der passer bedst.



☐ 1. Som vist eller mindre



☐ 2.



☐ 3. Som vist eller mere

3. Den næste test foregår stående, hvor du bøjer knæet så langt frem du kan, **uden at løfte hælen fra gulvet**. Det er ikke en balance test, så du må gerne holde fast i noget med hænderne. Du skal angive det billede, der passer bedst i forhold til, hvor meget du kan bøje anklen opad. På billederne er det den ankel med den lyse sok, der er den syge.



☐ 1. Som vist eller mindre



☐ 2.



☐ 3.



☐ 4. Som vist eller mere

Dato: _____ Underskrift: _____

Navn: _____

English translation is not authorized. Do not use.

Copenhagen Ankle ROM Scale

The ankle in question is ☐ Right ☐ Left (please tick the correct box)

1. This question relates to how much you can move downwards in the ankle.

Please lay on your back with the knees stretched.

Please bend the foot as far downwards as possible and tick the photo that best illustrates this.



☐ 1



☐ 2



☐ 3



☐ 4



☐ 5



☐ 6

2. Next it is the upwards motion (bending) in the ankle that is in question. Please lay on your back with the knee stretched. Bend the ankle as much upwards as you can and tick the photo that best illustrates this.



☐ 1. As shown or less



☐ 2.



☐ 3. As shown or more

3. The next test is performed standing. You move your leg as far forward as possible while bending your knee **without lifting your heel from the floor**. It is not a balance test, and you are allowed to hold onto something with your hands. Please tick the picture that shows best how much you can bend the ankle upwards. On the pictures the ankle in question carries the light sock.



☐ 1. As shown or less



☐ 2.



☐ 3.



☐ 4. As show or more

Date: _____ Signature: _____

Name: _____

Supplementary table 1: the distribution of participant choices in identifying the correct ankle range of motion image across different movement types. Each row represents a reference image (the correct answer)

Correct answer (N)	Patient choice					
Plantiflexion						
	Picture 1	Picture 2	Picture 3	Picture 4	Picture 5	Picture 6
Picture 2 (1)	0%	0%	100 %	0 %	0 %	0 %
Picture 3 (5)	0%	20%	20%	40%	20%	0%
Picture 4 (22)	0%	0%	9.1%	13.6%	63.6%	13.6%
Picture 5 (32)	0%	0%	0%	15.6%	25%	59.4%
Picture 6 (36)	2.8%	0%	0%	2.8%	19.4%	75%
Dorsiflexion with extended knee						
Picture 1 (3)	33.3%	66.7%	0%			
Picutre 2 (28)	3.6%	57.1%	39.3%			
Picture 3 (71)	1.4%	11.3%	87.3%			
Dorsiflexion with flexed knee						
Picture 2 (6)	16.7%	50%	33.3%	0%		
Picture 3 (45)	2.2%	8.9%	57.8%	31.1%		
Picture 4 (51)	2%	5.9%	21.6%	70.6%		

Supplementary figure 1: Bland-Altman plot displays the agreement between the goniometer measurements of the doctor and the nurse. The x-axis represents the mean of the two measurements, while the y-axis shows their difference. The solid blue line represents the mean difference between the two methods. The dashed blue lines indicate the 95% confidence interval (CI) for the mean difference. The solid red lines represent the limits of agreement (LoA),

