

SUBJECTIVE KNEE SCORE QUESTIONNAIRE

NAME _____ Score _____ DATE _____

PLEASE CHECK (✓) THE ONE STATEMENT IN EACH SECTION THAT BEST DESCRIBES YOUR PRESENT KNEE CONDITION

PAIN

- 20 I experience no pain in my knee.
- 16 I have occasional pain with strenuous sports or heavy work. I don't think that my knee is entirely normal. Limitations are mild and tolerable.
- 12 There is occasional pain in my knee with light recreational sports or moderate work.
- 8 I have pain brought on by sports, light recreational activities, or moderate work. Occasional pain is brought on by daily activities such as standing or kneeling.
- 4 The pain I have in my knee is a significant problem with activities as simple as walking. The pain is relieved by rest. I can't participate in sports.
- 0 I have pain in my knee at all times, even during walking, standing, or light work.

- Intensity:** Mild Moderate Severe
- Frequency:** Constant Intermittent
- Location:**
- Medial (inside) Lateral (outside) Anterior (front)
- Posterior (back) Diffuse (all over)
- Occurs:** Kneel Stand Sit Stairs
- Type:** Sharp Aching Throbbing Burning

SWELLING

- 10 I experience no swelling in my knees.
- 8 I have occasional swelling in my knee with strenuous sports or heavy work.
- 6 There is occasional swelling with light recreational activities or moderate work.
- 4 Swelling limits my participation in sports and moderate work. Occurs infrequently with simple walking or light work about 3 times a year.
- 2 My knee swells after simple walking activities and light work. Rest relieves the swelling.
- 0 I have severe swelling with simple walking activities. Rest does not relieve the swelling.

STABILITY

- 20 My knee does not give out.
- 16 My knee gives out with strenuous sports or heavy work.
- 12 My knee gives out occasionally with light recreational activities or moderate work; it limits my vigorous activities, sports, or heavy labor.
- 8 My knee gives out, limiting all sports and moderate work. It occasionally gives out with walking or light work.
- 4 My knee gives out frequently with simple activities such as walking. I must guard my knee at all times.
- 0 I have severe problems with my knee giving out. I can't turn or twist without my knee giving out.

Stiffness:

- None Occasional Frequent Constant

Grinding:

- None Mild Moderate Severe

Locking:

- None Occasional Frequent Constant

OVERALL ACTIVITY LEVEL

- 20 No limitations. I have a normal knee, and I can do everything, i.e. strenuous sports and/or heavy labor.
- 16 I can partake in sports including strenuous ones but at a lower level. I must guard my knee and limit the amount of heavy labor or sports.
- 12 Light recreational activities are possible with RARE symptoms. I am limited to light work.
- 8 No sports or recreational activities are possible. Walking activities are possible with RARE symptoms. I am limited to light work.
- 4 Walking activities and daily living cause moderate problems and persistent symptoms.
- 0 Walking and other daily activities cause severe problems.

WALKING

- 10 Normal, unlimited.
- 8 Slight, mild problems.
- 6 Moderate problem, flat surface up to half a mile.
- 4 Severe problems, only 2-3 blocks.
- 2 Severe problems, need cane or crutches.

STAIRS

- 5 Normal, unlimited.
- 4 Slight, mild problems.
- 3 Moderate problems, only 10-15 steps possible.
- 2 Severe problems, require banister for support.
- 1 Severe problems, only 1-5 steps without support.

RUNNING

- 10 Normal, unlimited, sully competitive.
- 8 Slight, mild problems, run at half speed.
- 6 Moderate problems, only 1-2 miles possible.
- 4 Severe problems, only 1-3 blocks possible.
- 2 Severe problems, only a few steps.

JUMPING AND TWISTING

- 5 Normal, unlimited, fully competitive.
- 4 Slight, mild problems, some guarding.
- 3 Moderate problems, gave up strenuous sports.
- 2 Severe problems, affects all sports, always guarding.
- 1 Severe problems, only light activity possible (golf/swim).