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 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.

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, fully 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).