



F.I.R.S.T. HEALTH

SUBJECTIVE KNEE SCORE QUESTIONNAIRE

NAME _____ Score _____ DATE _____ DOI _____
AGE _____

PLEASE CHECK THE STATEMENT THAT BEST DESCRIBES THE CONDITION OF YOUR KNEE

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: A Mild B Moderate C Severe

Frequency: B Constant B Intermittent

Location: A Medial (inner side) B Lateral (outer side) C Anterior (front)
D Posterior (back) E Diffuse (all over)

Occurs: A Kneel B Stand C Sit D Stairs

Type: A Sharp B Aching C Throbbing D 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. Occasionally 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 only 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 _____ Because my knee gives out, it limits all sports and moderate work. It occasionally give 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: A None B Occasional C Frequent D Constant

Grinding: A None B Mild C Moderate D Severe

Locking: A None B Occasional C Frequent D Constant

OVERALL ACTIVITY LEVEL

- 20 ___ No limitations. I have a normal knee, and I am able to do everything including strenuous sports and/or heavy labor. 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.
- 16 ___ Light recreational activities are possible with RARE symptoms. I am limited to light work.
- 12 ___ No sports or recreational activities are possible. Walking activities are possible with RARE symptoms. I am limited to light work.
- 8 ___ Walking activities and daily living cause moderate problems and persistent symptoms.
- 4 ___ Walking and other daily activities cause severe problems.
- 0 ___

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 halfspeed.
- 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 (gold/swim).

COMMENTS: _____
