

## APPENDIX

ANTERIOR KNEE PAIN (Sheet code: \_\_\_\_\_)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Age: \_\_\_\_\_

Knee: L/R

Duration of symptoms: \_\_\_\_\_ years \_\_\_\_\_ months

For each question, circle the latest choice (letter), which corresponds to your knee symptoms.

### 1. Limp

- (a) None (5)
- (b) Slight or periodical (3)
- (c) Constant (0)

### 2. Support

- (a) Full support without pain (5)
- (b) Painful (3)
- (c) Weight bearing impossible (0)

### 3. Walking

- (a) Unlimited (5)
- (b) More than 2 km (3)
- (c) 1-2 km (2)
- (d) Unable (0)

### 4. Stairs

- (a) No difficulty (10)
- (b) Slight pain when descending (8)
- (c) Pain both when descending and ascending (5)
- (d) Unable (0)

### 5. Squatting

- (a) No difficulty (5)
- (b) Repeated squatting painful (4)
- (c) Painful each time (3)
- (d) Possible with partial weight bearing (2)
- (e) Unable (0)

### 6. Running

- (a) No difficulty (10)
- (b) Pain after more than 2 km (8)
- (c) Slight pain from start (6)
- (d) Severe pain (3)
- (e) Unable (0)

### 7. Jumping

- (a) No difficulty (10)
- (b) Slight difficulty (7)
- (c) Constant pain (2)
- (d) Unable (0)

### 8. Prolonged sitting with the knees flexed

- (a) No difficulty (10)
- (b) Pain after exercise (8)
- (c) Constant pain (6)
- (d) Pain forces to extend knees temporarily (4)
- (e) Unable (0)

### 9. Pain

- (a) None (10)
- (b) Slight and occasional (8)
- (c) Interferes with sleep (6)
- (d) Occasionally severe (3)
- (e) Constant and severe (0)

### 10. Swelling

- (a) None (10)
- (b) After severe exertion (8)
- (c) After daily activities (6)
- (d) Every evening (4)
- (e) Constant (0)

### 11. Abnormal painful kneecap (patellar) movements (subluxations)

- (a) None (10)
- (b) Occasionally in sports activities (6)
- (c) Occasionally in daily activities (4)
- (d) At least one documented dislocation (2)
- (e) More than two dislocations (0)

### 12. Atrophy of thigh

- (a) None (5)
- (b) Slight (3)
- (c) Severe (0)

### 13. Flexion deficiency

- (a) None (5)
- (b) Slight (3)
- (c) Severe (0)