

2000 IKDC SUBJECTIVE KNEE EVALUATION FORM

Your Full Name _____

Today's Date: ____/____/____
Day Month Year

Date of Injury: ____/____/____
Day Month Year

SYMPTOMS*:

*Grade symptoms at the highest activity level at which you think you could function without significant symptoms, even if you are not actually performing activities at this level.

1. What is the highest level of activity that you can perform without significant knee pain?

- 4 Very strenuous activities like jumping or pivoting as in basketball or soccer
- 3 Strenuous activities like heavy physical work, skiing or tennis
- 2 Moderate activities like moderate physical work, running or jogging
- 1 Light activities like walking, housework or yard work
- 0 Unable to perform any of the above activities due to knee pain

2. During the past 4 weeks, or since your injury, how often have you had pain?

Never 10 9 8 7 6 5 4 3 2 1 0 Constant

3. If you have pain, how severe is it?

No pain 10 9 8 7 6 5 4 3 2 1 0 Worst pain
 imaginable

4. During the past 4 weeks, or since your injury, how stiff or swollen was your knee?

- 4 Not at all
- 3 Mildly
- 2 Moderately
- 1 Very
- 0 Extremely

5. What is the highest level of activity you can perform without significant swelling in your knee?

- 4 Very strenuous activities like jumping or pivoting as in basketball or soccer
- 3 Strenuous activities like heavy physical work, skiing or tennis
- 2 Moderate activities like moderate physical work, running or jogging
- 1 Light activities like walking, housework, or yard work
- 0 Unable to perform any of the above activities due to knee swelling

6. During the past 4 weeks, or since your injury, did your knee lock or catch?

0 Yes 1 No

7. What is the highest level of activity you can perform without significant giving way in your knee?

- 4 Very strenuous activities like jumping or pivoting as in basketball or soccer
- 3 Strenuous activities like heavy physical work, skiing or tennis
- 2 Moderate activities like moderate physical work, running or jogging
- 1 Light activities like walking, housework or yard work
- 0 Unable to perform any of the above activities due to giving way of the knee

