

2000 IKDC SUBJECTIVE KNEE EVALUATION FORM

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Today's date: \_\_\_/\_\_\_/\_\_\_

Date of Injury: \_\_\_/\_\_\_/\_\_\_

**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?

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

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

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

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

- 0 1 2 3 4 5 6 7 8 9 10  
No Pain             Worst Pain Imaginable

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

- Not at all
- Mildly
- Moderately
- Very
- Extremely

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

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

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

- Yes
- No

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

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

