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Knee Form
Northwest Orthopaedics
David Gibbons, MD
Margie Eder, RN

Name: _____ **Phone Number:** _____

Gender: Male Female **Age:** _____ **Date of Birth:** ____/____/____

Problem Knee: Right Left **Today's Date:** ____/____/____

Permission Discussed: _____ **Date of Surgery:** ____/____/____ pre 3 6 12 24

VAS: How bad is your pain today? (Circle one)

0 1 2 3 4 5 6 7 8 9 10
 (no pain) (worst possible pain)

In the past 4 weeks or since your injury, how often have you had pain? (Circle one)

0 1 2 3 4 5 6 7 8 9 10
 (never) (constant)

How would you rate your knee function or ability to do usual daily activities including sports? (Circle one)

Prior to injury
 0 1 2 3 4 5 6 7 8 9 10
Current knee function
 0 1 2 3 4 5 6 7 8 9 10
 (cannot perform) (no limitation)

Please rate the difficulty of the following activities:

4: easy; **3:** minimally difficult; **2:** difficult; **1:** very difficult;
0: unable

Go up stairs	4	3	2	1	0
Go down stairs	4	3	2	1	0
Kneel on front of knee	4	3	2	1	0
Squat	4	3	2	1	0
Sit with knees bent	4	3	2	1	0
Rise from a chair	4	3	2	1	0
Run straight ahead	4	3	2	1	0
Jump and land on involved leg	4	3	2	1	0
Stop and start quickly	4	3	2	1	0

Are you currently satisfied with the condition of your knee?

No Yes

Will/Did you receive Workman's

During the past 4 weeks, or since injury, did your knee lock or catch? Yes⁰

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

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

Using the following scale, please answer:

- 4:** very strenuous, i.e. jumping/ pivoting (such as basketball or soccer);
3: strenuous, i.e. heavy work, skiing, tennis;
2: moderate, i.e. moderate physical work, running, jogging;
1: light, i.e. walking, house work, yard work;
0: unable to perform any of activities in 1-4

What is the highest level of activity you can...

A- perform without significant...

Pain in your knee?	4	3	2	1	0
Swelling in your knee?	4	3	2	1	0
Giving way in your knee?	4	3	2	1	0

B- participate in...

On a regular basis?	4	3	2	1	0
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IKDC = [Sum of responses/max possible] x 100

*must have at least 90% (16 of 18) responses