

Optimal Performance Physical Therapy

Lysholm Knee Rating Score Questionnaire

Name: _____ Signature: _____ Date: _____

Instructions: Please answer the following questions by marking the best fitting statement listed below.

1. Do you limp when walking?

- I do not limp when walking.
- I slightly limp every once in a while.
- I severely and constantly limp.

2. Do you need any kind of support when you are walking?

- I do not need any kind of support.
- I need a stick or crutch for walking.
- Weight bearing is impossible for me.

3. Do you have any locking or catching sensations with your knee.

- I never have locking or catching sensations.
- I have catching sensations, but no locking.
- I have locking occasionally.
- I have locking frequently.
- The knee joint is locked at this moment.

4. Do you have "giving way" sensations with your knee?

- I never have any "giving way" sensation.
- I rarely have "giving way" sensation during athletics or other severe exertions.
- I frequently have "giving way" during athletics or other severe exertions.
- I occasionally have "giving way" in daily activities.
- I often have "giving way" in daily activities.
- I have "giving way" on every step.

5. Do you have pain in your knee?

- I never have pain in my knee.
- I have slight and inconsistent pain in my knee during severe exertion.
- I have marked pain during severe exertion.
- I have marked pain on or after walking more than one mile.
- I have marked pain on or after walking less than one mile.
- I have pain constantly.

6. Do you have swelling in your knee?

- I never feel swelling in my knee.
- I feel swelling on severe exertion.
- I feel swelling on ordinary exertion.
- I have constant swelling of the knee.

7. Are you able to climb stairs?

- I do not have any problems climbing stairs.
- I am slightly impaired on climbing stairs.
- I can do only one step at a time.
- It is impossible for me to climb stairs.

8. Are you able to squat?

- I do not have any problems squatting.
- I am slightly impaired at squatting.
- I am not able to squat beyond 90 degrees of flexion.
- Squatting is impossible for me.