

## IKDC Subjective Knee Evaluation

### **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?
  - <sub>4</sub> Very strenuous activities like jumping or pivoting as in gymnastics or football
  - <sub>3</sub> Strenuous activities like heavy physical work, skiing or tennis
  - <sub>2</sub> Moderate activities like moderate physical work, running or jogging
  - <sub>1</sub> Light activities like walking, housework or gardening
  - <sub>0</sub> 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?

	0	1	2	3	4	5	6	7	8	9	10	
Never	<input type="checkbox"/>	Constant										
  
3. If you have pain, how severe is it?

	0	1	2	3	4	5	6	7	8	9	10	
No pain	<input type="checkbox"/>	Worst pain imaginable										
  
4. During the past 4 weeks, or since your injury, how stiff or swollen has your knee been?
  - <sub>4</sub> Not at all
  - <sub>3</sub> Mildly
  - <sub>2</sub> Moderately
  - <sub>1</sub> Very
  - <sub>0</sub> Extremely
  
5. What is the highest level of activity you can perform without significant swelling in your knee?
  - <sub>4</sub> Very strenuous activities like jumping or pivoting as in gymnastics or football
  - <sub>3</sub> Strenuous activities like heavy physical work, skiing or tennis
  - <sub>2</sub> Moderate activities like moderate physical work, running or jogging
  - <sub>1</sub> Light activities like walking, housework or gardening
  - <sub>0</sub> Unable to perform any of the above activities due to knee swelling
  
6. During the past 4 weeks, or since your injury, has your knee locked or caught?  
<sub>0</sub> Yes    <sub>1</sub> No
  
7. What is the highest level of activity you can perform without significant giving way in your knee?
  - <sub>4</sub> Very strenuous activities like jumping or pivoting as in gymnastics or football
  - <sub>3</sub> Strenuous activities like heavy physical work, skiing or tennis
  - <sub>2</sub> Moderate activities like moderate physical work, running or jogging
  - <sub>1</sub> Light activities like walking, housework or gardening
  - <sub>0</sub> Unable to perform any of the above activities due to giving way of the knee

