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Date:

**KNEE ASSESSMENT FORM**

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**Tegner Activity Scale**

|           |   |
|-----------|---|
| <b>10</b> | Elite Competitive Sports  |
| <b>9</b>  | Competitive Soccer, Hockey, Gymnastics  |
| <b>8</b>  | Competitive Skiing, Squash  |
| <b>7</b>  | Competitive Tennis, Track, Basketball<br>Recreational Soccer, Hockey, Squash, Running                                   |
| <b>6</b>  | Recreational Tennis, Basketball, Skiing, Jogging (5x/week at least)   |
| <b>5</b>  | Heavy Labor; Competitive Cycling, Cross-Country Skiing<br>Recreational Jogging (on uneven ground at least twice weekly) |
| <b>4</b>  | Moderately Heavy Labor; Recreational Cycling, Cross-Country Skiing  |
| <b>3</b>  | Light labor; Competitive and Recreational Swimming; Hiking  |
| <b>2</b>  | Light labor; Walking on slightly uneven ground  |
| <b>1</b>  | Sedentary work; Walking only on even ground possible  |
| <b>0</b>  | Sick leave or disability pension because of knee problems   |

**Lysholm Knee Scoring Scale:**

|  | Scale  | Score |
|--|--|-------|
| <b>Limp</b><br>(5 Points)                | None = 5, Slight or periodical = 3, Severe and Constant = 0  |       |
| <b>Support</b><br>(5 Points)             | None = 5, Stick or crutch = 2, Weight bearing impossible = 0   |       |
| <b>Locking</b><br>(15 Points)            | No locking or catching = 15, Catching sensation but no locking = 10,<br>Locking occasionally = 6, Frequently = 2, Locked joint on exam = 0   |       |
| <b>Instability</b><br>(25 points)        | Never giving way = 25, Rarely during athletics or other severe<br>exertion = 20, Frequently during athletics or other severe exertion (or<br>incapable of participation) = 15, Occasionally in daily activities = 10,<br>Often in daily activities = 5, Every step = 0 |       |
| <b>Pain</b><br>(25 Points)               | None = 25, Inconstant and slight during severe exertion = 20, Marked<br>during severe exertion = 15, Marked on or after walking more than 2<br>km = 10, Marked on or after walking less than 2 km = 5, Constant = 0  |       |
| <b>Swelling</b><br>(10 Points)           | None = 10, On severe exertion = 6, On ordinary exertion = 2,<br>Constant = 0   |       |
| <b>Stair<br/>Climbing</b><br>(10 Points) | No problems = 10, Slightly impaired = 6, One step at a time = 2,<br>Impossible = 0   |       |
| <b>Squatting</b><br>(5 Points)           | No problems = 5, Slightly impaired = 4, Not beyond 90 degrees = 2,<br>Impossible = 0   |       |
|  | <b>TOTAL</b><br>Excellent = 95-100, Good = 84-94, Fair = 65-83, Poor <64   |       |

**OBJECTIVE TESTS:**

| Range of Motion       | <b>RIGHT</b>   |      |      |          | <b>LEFT</b>    |      |      |           |
|-----------------------|----------------|------|------|----------|----------------|------|------|-----------|
|                       | Hyperextension | 0°   |      | Flexion  | Hyperextension | 0°   |      | Flexion   |
| KT-1000               | 15             | 20   | 30   | Man. Max | 15             | 20   | 30   | Man. Max. |
| Lachman               | 1              | 2    | 3    |          | 1              | 2    | 3    |           |
|                       | A              | B    |      |          | A              | B    |      |           |
| Anterior Drawer       | 1              | 2    | 3    |          | 1              | 2    | 3    |           |
| Pivot Shift           |                |      |      |          |                |      |      |           |
| Effusion              |                |      |      |          |                |      |      |           |
| Patellofemoral joint  |                |      |      |          |                |      |      |           |
| Joint Line tenderness | +              |      | -    |          | +              |      | -    |           |
| McMurray              | +              |      | -    |          | +              |      | -    |           |
| Valgus stress (0°)    | 1              | 2    | 3    |          | 1              | 2    | 3    |           |
| Valgus stress (30°)   | 1              | 2    | 3    |          | 1              | 2    | 3    |           |
| Varus stress (0°)     | 1              | 2    | 3    |          | 1              | 2    | 3    |           |
| Varus stress (30°)    | 1              | 2    | 3    |          | 1              | 2    | 3    |           |
| Posterior Drawer      | 1              | 2    | 3    |          | 1              | 2    | 3    |           |
| Posterolateral corner |                | <10° | >10° |          |                | <10° | >10° |           |
| One-Leg Hopping       |                |      |      |          |                |      |      |           |

|  |     |     |     |    |     |     |
|--|-----|-----|-----|----|-----|-----|
| Thigh Circumference<br>(15 cm above patella) |     |     |     |    |     |     |
| MMT<br>Quads                                 | 0°  | 45° | 90° | 0° | 45° | 90° |
|  | (1) |     |     |    |     |     |
|  | (2) |     |     |    |     |     |
|  | (3) |     |     |    |     |     |
| Average                                      |     |     |     |    |     |     |
| Hamstrings                                   | 45° |     | 90° |    | 90° |     |
|  | (1) |     |     |    |     |     |
|  | (2) |     |     |    |     |     |
|  | (3) |     |     |    |     |     |
| Average                                      |     |     |     |    |     |     |

**IMAGING STUDIES:**

Radiographs:

Date of films \_\_\_\_\_

MRI:

Date of films \_\_\_\_\_

**IMPRESSION:** \_\_\_\_\_

\_\_\_\_\_

**PLAN:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_