

Form P (Patient Form)

Date _____ / _____ / _____

Subject ID _____

Pedi-IKDC Subjective Knee Evaluation Form

1. If you were asked to do the activities below, what is the most you could do today without making your injured knee **hurt a lot**?

- Very hard activities like jumping or turning fast to change direction, like in basketball or soccer
- Hard activities like heavy lifting, skiing or tennis
- Sort of hard activities like walking fast or jogging
- Light activities like walking at a normal speed
- I can't do any of the activities listed above because my knee hurts too much now

2. During the past 4 weeks, or since your injury, how much of the time did your injured knee hurt?

Never	0	1	2	3	4	5	6	7	8	9	10	All of the time
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

3. How badly does your injured knee hurt today?

Does not hurt at all	0	1	2	3	4	5	6	7	8	9	10	Hurts so much I can't stand it
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

4. During the past 4 weeks, or since your injury, how **hard has it been to move or bend** your injured knee?

- Not at all hard
- A little hard
- Somewhat hard
- Very hard
- Extremely hard

5. During the past 4 weeks, or since your injury, how **puffy (or swollen)** was your injured knee?

- Not at all puffy
- A little puffy
- Somewhat puffy
- Very puffy
- Extremely puffy

6. If you were asked to do the activities below, what is the most you could do today without making your injured knee **puffy (or swollen)**?

- Very hard activities like jumping or turning fast to change direction, like in basketball or soccer
- Hard activities like heavy lifting, skiing or tennis
- Sort of hard activities like walking fast or jogging
- Light activities like walking at a normal speed
- I can't do any of the activities listed above because my injured knee is puffy even when I rest

7. During the past 4 weeks, or since your injury, did your injured knee ever **get stuck in place (lock)** so that you could not move it? **Yes** **No**

8. During the past 4 weeks, or since your injury, did your injured knee **ever feel like it was getting stuck (catching)**, but you could still move it? **Yes** **No**

9. If you were asked to do the activities below, what is the most you could do today without your injured knee **feeling like it can't hold you up**?

- Very hard activities like jumping or turning fast to change direction, like in basketball or soccer
- Hard activities like heavy lifting, skiing or tennis
- Sort of hard activities like walking fast or jogging
- Light activities like walking at a normal speed
- I can't do any of the activities listed above because my injured knee feels like it can't hold me up

SPORTS ACTIVITIES

10. What is the most you can do on your injured knee **most of the time**?

- Very hard activities like jumping or turning fast to change direction, like in basketball or soccer
- Hard activities like heavy lifting, skiing or tennis
- Sort of hard activities like walking fast or jogging
- Light activities like walking at a normal speed
- I can't do any of the activities listed above most of the time

11. Does your injured knee affect your ability to:

	No, not at all	Yes, a little	Yes, somewhat	Yes, a lot	I can't do this
a. Go up stairs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Go down stairs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Kneel on your injured knee?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Squat down like a baseball catcher?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Sit in a chair with your knees bent and feet flat on the floor?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Get up from a chair?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Run?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Jump and land on your injured knee?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Start and stop moving quickly?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

12. How well did your knee work **before you injured it**?

I could not do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I could do anything I
anything at all											wanted to

13. How well does your knee work **now**?

I am not able to do anything at all	0	1	2	3	4	5	6	7	8	9	10	I am able to do anything I want to do
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

KUJALA SCORE (For each question, mark the choice which corresponds to your knee symptoms)

1. Limp

- None
- Slight or periodical
- Constant

2. Support

- Full support without pain
- Painful
- Weight bearing impossible

3. Walking

- ┆ Unlimited
- ┆ More than 2 km
- ┆ 1-2 km
- ┆ Unable

4. Stairs

- ┆ No difficulty
- ┆ Slight pain when descending
- ┆ Pain both when descending and ascending
- ┆ Unable

5. Squatting

- ┆ No difficulty
- ┆ Repeated squatting painful
- ┆ Painful each time
- ┆ Possible with partial weight bearing
- ┆ Unable

6. Running

- ┆ No difficulty
- ┆ Pain after more than 2 km
- ┆ Slight pain from start
- ┆ Severe pain
- ┆ Unable

7. Jumping

- ┆ No difficulty
- ┆ Slight difficulty
- ┆ Constant pain
- ┆ Unable

8. Prolonged sitting with the knees flexed

- ┆ No difficulty
- ┆ Pain after exercise
- ┆ Constant pain
- ┆ Pain forces to extend knees temporarily
- ┆ Unable

9. Pain

- ┆ None
- ┆ Slight and occasional
- ┆ Interferes with sleep
- ┆ Occasionally severe
- ┆ Constant and severe

10. Swelling

- ┆ None
- ┆ After severe exertion
- ┆ After daily activities
- ┆ Every evening
- ┆ Constant

11. Abnormal painful kneecap (patellar) movements (subluxations)

- ┆ None
- ┆ Occasionally in sports activities
- ┆ Occasionally in daily activities
- ┆ At least one documented dislocation
- ┆ More than two dislocations

12. Atrophy of thigh

- ┆ None
- ┆ Slight
- ┆ Severe

13. Flexion deficiency

- ┆ None
- ┆ Slight
- ┆ Severe

HSS Pedi-FABS

Instructions: Choose one answer for each activity or question. In the grid, please indicate how often you performed each activity in your healthiest and most active condition. **IN THE PAST MONTH:**

	Less than one time per month	One time per month	One time per week	2-3 times per week	More than 4 times per week
Running: running while playing a sport or jogging.					
Cutting: quickly changing directions while running.					
Decelerating: coming to a quick stop while running.					
Pivoting: turning your body with your foot planted (for example: skiing, skating, kicking, throwing, hitting a ball)					
Duration: perform athletic activity for as long as you would like to without stopping.					
Endurance: perform athletic activity for one whole hour without stopping.					

Competition: Do you participate in organized competitive sports or physical activities?

- No (or gym class only)
- Yes, but WITHOUT an official or judge (such as club or pickup games)
- Yes, WITH an official or judge
- Yes, at a national or professional level

Supervision: Do you participate in supervised (coach, trainer, instructor) sports practice or activities (other than gym class)?

- No
- Yes, 1-2 times per week
- Yes, 3-4 times per week
- Yes, 5 or more times per week

BANFF PATELLOFEMORAL INSTABILITY INSTRUMENT 2.0

A QUALITY OF LIFE SCORE FOR PATIENTS WITH PATELLOFEMORAL INSTABILITY

DIRECTIONS

Please answer each question with respect to the current status, function, circumstances and beliefs surrounding your knee that has an unstable kneecap. Consider the last three months.

Indicate with a slash (/) on the line, the point ranging from 0 to 100 which most closely represents your situation.

For example, the following question:

Is this a good questionnaire?

0 _____ **100**
Useless Fantastic

If the slash is placed in the middle of the line, this indicates that the questionnaire is of average quality, or in other words, between the extremes of 'useless' and 'fantastic'. It is important to put your slash at either end of the line if the extreme descriptions accurately reflect your situation.

SECTION A: SYMPTOMS AND PHYSICAL COMPLAINTS

1. How troubled are you by “popping-out” or instability of your kneecap?

0 _____ 100
Extremely troubled Not troubled at all

2. How much pain or discomfort do you get in your knee with any kind of prolonged activity (greater than half an hour)? For example: standing, walking, sports, etc.

0 _____ 100
Severe pain No pain at all

3. How much pain or discomfort do you get in your knee with prolonged sitting (greater than half an hour)? For example: movies, driving, etc.

0 _____ 100
Severe pain No pain at all

4. Do you have any loss of motion of your knee?

0 _____ 100
Severe loss of motion No loss of motion

5. How weak does your knee feel?

0 _____ 100
Extremely weak Not weak at all

SECTION B: WORK AND/OR SCHOOL RELATED CONCERNS

***If you are not working due to your knee, make a slash on the extreme left-hand side of the line for each.*

6. How much difficulty do you have because of your knee with turning or pivoting motions at work and/or school?

0 _____ 100
Severe difficulty No difficulty at all

7. How much difficulty do you have with squatting at work and/or school?

0 _____ 100
Severe difficulty No difficulty at all

8. How much of a concern is it for you to miss time from work and/or school because of your knee problem?

0 _____ 100
Extreme concern No concern at all

9. Has the cost of your knee injury created financial hardship for you or your family?

0 _____ 100
Severe financial hardship No financial hardship at all

SECTION C: RECREATION / SPORT / ACTIVITY

10. How concerned are you that your recreational and/or sport activities could make your knee worse?

0 _____ 100
Extremely concerned Not concerned at all

11. Do you have to participate in recreational and/or sport activities with caution?

(Make a slash at the extreme left i.e. 0, if you are unable to participate in your recreational and/or sport activities because of your knee).

0 _____ 100
Always with caution Never with caution

12. How fearful are you of your knee “popping-out” when participating in your recreational and/or sport activities?

(Make a slash at the extreme left i.e. 0, if you are unable to participate in your recreational and/or sport activities because of your knee).

0 _____ 100
Extremely fearful Not fearful at all

13. How concerned are you with walking on uneven ground, a wet surface or walking on ice?

0 _____ 100
Extremely concerned Not concerned at all

14. Are you able to give your full effort in your recreational and/or sport activities?

(Make a slash at the extreme left i.e. 0, if you are unable to participate in your recreational and/or sport activities because of your knee).

0 _____ 100
Never able Always able

SECTION D: LIFESTYLE

15. How concerned are you with general safety issues because of your knee problem?

For example: walking up or down stairs, driving, or carrying small children, etc.

0 _____ 100
Extremely concerned Not concerned at all

16. How much has your ability to exercise and maintain fitness been limited by your knee problem?

0 _____ 100
Totally limited Not limited at all

17. How much has your enjoyment of life been limited by your knee problem?

0 _____ 100
Totally limited Not limited at all

18. Do you avoid lifestyle activities with family and/or friends because of your knee problem?

0 _____ 100
Always avoid Never avoid

KOOS-12 KNEE SURVEY

INSTRUCTIONS: This survey asks for your views about your knee. Answer every question by marking the appropriate box, only one box for each question. If you are unsure about how to answer a question, please give the best answer you can.

Pain

1. How often do you experience knee pain?

Never	Monthly	Weekly	Daily	Always
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What amount of knee pain have you experienced the **last week** during the following activities?

2. Walking on a flat surface

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Going up or down stairs

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. Sitting or lying

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Function, daily living

The following questions concern your physical function. By this we mean your ability to move around and to look after yourself. For each of the following activities please indicate the degree of difficulty you have experienced in the **last week** due to your knee.

5. Rising from sitting

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. Standing

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

7. Getting in/out of a car

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

8. Twisting/pivoting on your injured knee

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Quality of Life

9. How often are you aware of your knee problem?

- Never Monthly Weekly Daily Constantly

10. Have you modified your life style to avoid potentially damaging activities to your knee?

- Not at all Mildly Moderately Severely Totally

11. How much are you troubled with lack of confidence in your knee?

- Not at all Mildly Moderately Severely Extremely

12. In general, how much difficulty do you have with your knee?

- None Mild Moderate Severe Extreme

PROMIS–29 Profile

Please respond to each question or statement by marking one box per row.

Physical Function	Without any difficulty	With a little difficulty	With some difficulty	With much difficulty	Unable to do
Are you able to do chores such as vacuuming or yard work?					
Are you able to go up and down stairs at a normal pace?					
Are you able to go for a walk of at least 15 minutes?					
Are you able to run errands and shop?					
Anxiety	Never	Rarely	Sometimes	Often	Always
In the past 7 days...					
I felt fearful.					
I found it hard to focus on anything other than my anxiety.					
My worries overwhelmed me.					
I felt uneasy.					

Depression In the past 7 days...	Never	Rarely	Sometimes	Often	Always
I felt worthless.					
I felt helpless.					
I felt depressed.					
I felt hopeless.					
Fatigue During the past 7 days...	Not at all	A little bit	Somewhat	Quite a bit	Very much
I feel fatigued.					
I have trouble starting things because I am tired.					

Thank you very much for completing all the questions in this questionnaire.