LYSHOLM KNEE SCORING SCALE

	Name	Date
		TOTAL/ 10
		equently have with their knee problems. Please check the ONE
sta	atement which best describes your condition in the past 24	hours.
	LIMP	V PAIN
0	I have no limp when I walk. (5)	O I have no pain in my knees. (25)
0	I have a slight limp or periodical limp when I walk. (3)	O I have intermittent or slight pain in my knee during vigorous
	I have a severe and constant limp when I walk. (0)	activities. (20)
		O I have marked pain in my knee during vigorous activities. (15)
1	USING CANE OR CRUTCHES	O I have marked pain in my knee during or after walking more
0	I do not use a cane or crutches. (5)	than one mile. (10)
0	I use a can or crutches with some weight-bearing. (2)	O I have marked pain in my knee during or after walking less
0	Putting weight on my hurt leg is impossible. (0)	than one mile. (5)
		O I have constant pain in my knee. (0)
Ш	LOCKING SENSATION IN THE KNEE	
0	I have no locking and no catching sensations in my	VI SWELLING
	knee. (15)	O I have no swelling in my knee. (10)
0	I have catching sensations but no locking sensations	O I have swelling in my knee only after vigorous activities. (6)
	in my knee. (10)	O I have swelling in my knee only after ordinary activities. (2)
0	My knee locks occasionally. (6)	O I have swelling constantly in my knee. (0)
0	My knee locks frequently. (2)	
0	My knee feels locked at this moment. (0)	VII CLIMBING STAIRS
		O I have no problems climbing stairs. (10)
٧	GIVING WAY SENSATIONS FROM THE KNEE	O I have slight problems climbing stairs. (6)
0	My knee never gives way. (25)	O I can climb stairs only one at a time. (2)
0	My knee rarely gives way, only during athletics or other vigorous activities. (20)	O Climbing stairs is impossible for me. (0)
0	My knee frequently gives way during athletics or other	VIII SQUATTING
	vigorous activities, in turn I am unable to participate in	O I have no problems with squatting. (5)
	these activities. (15)	O I have slight problems squatting. (4)
0	My knee occasionally gives way during daily activities. (10)	O I cannot squat beyond a 90 degree bend in my knee. (2)
0	My knee often gives way during daily activities. (5)	O Squatting is impossible because of my knee. (0)
0	My knee gives way every step I take. (0)	
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	n	nount of knee pain you have had in your knee(s) the past 24 hours
ın	e scale ranges from "no pain at all" to the "worst possible p	oain."

_____ WORST PAIN POSSIBLE

_____ WORST PAIN POSSIBLE

RIGHT KNEE NO PAIN

LEFT KNEE NO PAIN _