IKDC OUTCOME SURVEY

Name & MR #: __________________________  Today's Date: __/__/____

SYMPTOMS

Grade symptoms at the highest level you think you can function at 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?
   - Very strenuous activities like jumping or pivoting as in basketball or soccer
   - Strenuous activities like heavy physical work, skiing or tennis
   - Moderate activities like moderate physical work, running or jogging
   - Light activities like walking, housework or yard work
   - Unable to perform any of the above activities because of knee pain

2. During the past 4 weeks, how often have you had knee pain?
   - Never  0  1  2  3  4  5  6  7  8  9  10  Constantly

3. If you have knee pain, how severe is it?
   - No pain

4. During the past 4 weeks, how stiff or swollen was your knee?
   - Not at all
   - Mildly
   - Moderately
   - Very
   - Extremely

5. What is the highest level of activity that you can perform without significant swelling?
   - Very strenuous activities like jumping or pivoting as in basketball or soccer
   - Strenuous activities like heavy physical work, skiing or tennis
   - Moderate activities like moderate physical work, running or jogging
   - Light activities like walking, housework or yard work
   - Unable to perform any of the above activities because of knee swelling

6. During the past 4 weeks, did your knee lock or catch?
   - Yes
   - No

Please complete the other side.............
7. What is the highest level of activity that you can perform without significant giving way?
   - Very strenuous activities like jumping or pivoting as in basketball or soccer
   - Strenuous activities like heavy physical work, skiing or tennis
   - Moderate activities like moderate physical work, running or jogging
   - Light activities like walking, housework or yard work
   - Unable to perform any of the above activities due to giving way of the knee

8. What is the highest level of activity you can participate in on a regular basis?
   - Very strenuous activities like jumping or pivoting as in basketball or soccer
   - Strenuous activities like heavy physical work, skiing or tennis
   - Moderate activities like moderate physical work, running or jogging
   - Light activities like walking, housework or yard work
   - Unable to perform any of the above activities because of knee

SPORTS ACTIVITIES

9. How does your knee affect your ability to:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Not difficult at all</th>
<th>Minimally difficult</th>
<th>Moderately difficult</th>
<th>Extremely difficult</th>
<th>Unable to do</th>
</tr>
</thead>
<tbody>
<tr>
<td>Go up stairs</td>
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<tr>
<td>Go down stairs</td>
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<tr>
<td>Kneel on the front of your knee</td>
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<td>Squat</td>
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<td>Sit with your knee bent</td>
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<td>Rise from a chair</td>
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<td>Run straight ahead</td>
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<td>Jump and land on your involved leg</td>
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<td>Stop and start quickly</td>
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</tbody>
</table>

FUNCTION

10. How would you rate the function of your knee on a scale from 0 to 10 with 10 being normal, excellent function, and 0 being the inability to perform any of your usual daily activities that may include sports?

Function before your knee injury:

| Could not perform daily activities | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | No Limitation in daily activities |

Current function of your knee:

| Cannot perform daily activities | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | No Limitation in daily activities |