



LYSHOLM SCORE (Circle: Left Knee/Right Knee) (If this involves both knees, then please print two forms out and answer separately)

Select the best description of your knee pain with an "X" in the []:

Question 1: Limp

- None (5 pts)
- Slight/periodic (3 pts)
- Severe and Constant (0 pts)

Question 2: Support

- None (5 pts)
- Stick/crutch needed (2 pts)
- Weight bearing/impossible (0 pts)

Question 3: Locking

- None (15 pts)
- Catching sensation present (10 pts)
- Occasional (6 pts)
- Frequent (2 pts)
- At examination (0 pts)

Question 4: Stairs

- No problem (10 pts)
- Slight problem (6 pts)
- One step at a time (3 pts)
- Impossible (0 pts)

Question 5: Instability

- Never (25 pts)
- Rarely during athletic activities (20 pts)
- Frequently during athletic activities (15 pts)
- Occasionally during daily activities (10 pts)
- Often during daily activities (5 pts)
- Every step (0 pts)

Question 6: Pain

- None (25 pts)
- Slight during strenuous activity (20 pts)

- Marked during/after walking >2km (10 pts)
- Marked during/after walking <2km (5 pts)
- Constant (0 pts)

Question 7: Swelling

- None (10 pts)
- After strenuous activities (6 pts)
- After ordinary activities (3 pts)
- Constant (0 pts)

Question 8: Squatting

- No problem (5 pts)
- Slight problem (4 pts)
- Not beyond 90 degrees of knee flexion (2 pts)
- Impossible (0 pts)

Total Lysholm Score: _____

TEGNER SCORE: (Circle: Left Knee/Right Knee) (If this involves both knees, then please print two forms out and answer separately)

Select the highest level activity that you can CURRENTLY partake in by placing an “X” in the [] next your answer:

- Soccer/Football-national/international level (10 pts)
- Soccer-lower division/Ice hockey/Wrestling/Gymnastics (9 pts)
- Bandy/Squash/Badminton/Athletics (Jumping)/downhill Skiing (8 pts)
- Tennis/Athletics (Running)/Motocross or Speedway/Handball or basketball (7 pts)
- Soccer/Bandy/Ice hockey/Squash/Athletics (Jumping)/Cross country track finding (orienteering), both Recreational and competitive (6 pts)
- Tennis/Badminton/Handball/Basketball/Downhill skiing/Jogging at least 5 times a week (5 pts)
- Heavy labor (construction, forestry)/Cycling/Cross country/Skiing/Jogging on uneven ground at least 2 Times a week (4 pts)
- Light work (nursing)/Walking on rough forest terrain (3 pts)
- Light work/walking on uneven ground (2 pts)
- Sedentary work/Walking on even ground (1 pts)
- Sick leave or disability pension because of knee problems (0 pts)

Tegner Score: _____