University of Washington
Orthopaedics and Sports Medicine

IKDC SUBJECTIVE KNEE EVALUATION

SYMPTOMS

Grade symptoms at the highest level at which you think you could function without significant symptoms, even if you are now 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 activities due to knee pain

2. During the **past 4 weeks**, or since your injury, how often have you had pain?

☐11	☐10	☐9	☐8	☐7	☐6	☐5	☐4	☐3	☐2	☐1
Never										Constant

3. If you have pain, how severe is it?

☐11	☐10	☐9	☐8	☐7	☐6	☐5	☐4	☐3	☐2	☐1
No pain										Worst pain imaginable

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

5. What is the highest level of activity you can perform without significant **swelling** in your knee?
   - ☐ 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 activities due to knee swelling

6. During the **past 4 weeks**, or since your injury, did your knee lock or catch? ☐3 Yes ☐ No

7. What is the highest level of activity you can perform without significant **giving way** in your knee?
   - ☐ 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 activities due to giving way of the knee

SPORTS ACTIVITIES

8. What is the highest level of activity you can perform 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 activities due to knee

9. How does your knee affect your ability to:

	Not difficult at all	**Minimally difficult**	**Moderately difficult**	**Extremely difficult**	**Unable to do**
a. Go up stairs	☐	☐	☐	☐	☐
b. Go down stairs	☐	☐	☐	☐	☐
c. Kneel on the front of your knee	☐	☐	☐	☐	☐
d. Squat	☐	☐	☐	☐	☐
e. Sit with your knee bent	☐	☐	☐	☐	☐
f. Rise from a chair	☐	☐	☐	☐	☐
g. Run straight ahead	☐	☐	☐	☐	☐
h. Jump and land on your involved leg	☐	☐	☐	☐	☐
i. Stop and start quickly	☐	☐	☐	☐	☐

FUNCTION

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

FUNCTION PRIOR TO YOUR KNEE INJURY:

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

CURRENT FUNCTION OF YOUR KNEE:

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