



## PATELLOFEMORAL SCORE

Check which term best describes your symptoms under each heading:

1. Limp

- <sup>5</sup> None
- <sup>3</sup> Slight or periodical
- <sup>0</sup> Severe and constant

2. Support

- <sup>5</sup> Full support without pain
- <sup>2</sup> Painful
- <sup>0</sup> Weight bearing impossible

3. Walking

- <sup>5</sup> Unlimited
- <sup>3</sup> More than 2 km (1.24 miles)
- <sup>2</sup> 1 – 2 km (0.62 – 1.24 miles)
- <sup>0</sup> Unable

4. Stair-Climbing

- <sup>10</sup> No difficulty
- <sup>8</sup> Slight pain when descending
- <sup>5</sup> Pain with both ascending and descending
- <sup>0</sup> Unable

5. Squatting

- <sup>5</sup> No difficulty
- <sup>4</sup> Repeated squatting painful
- <sup>3</sup> Painful each time
- <sup>2</sup> Possible with partial weight bearing
- <sup>0</sup> Unable

6. Running

- <sup>10</sup> No difficulty
- <sup>8</sup> Pain after more than 2 km
- <sup>6</sup> Slight pain from start
- <sup>3</sup> Severe pain
- <sup>0</sup> Unable

7. Jumping

- <sup>10</sup> No difficulty
- <sup>7</sup> Slight difficulty
- <sup>2</sup> Constant pain
- <sup>0</sup> Unable

8. Prolonged sitting with knees flexed (bent)

- <sup>10</sup> No difficulty
- <sup>8</sup> Pain after exercise
- <sup>6</sup> Constant pain
- <sup>4</sup> Pain forces to extend (straighten) knees temporarily
- <sup>0</sup> Unable

9. Pain

- <sup>10</sup> None
- <sup>8</sup> Slight and occasional
- <sup>6</sup> Interferes with sleep
- <sup>3</sup> Occasionally severe
- <sup>0</sup> Constant and severe

10. Swelling

- <sup>10</sup> None
- <sup>8</sup> After severe exertion
- <sup>6</sup> After daily activities
- <sup>4</sup> Every evening
- <sup>0</sup> Constant

11. Abnormal painful patella subluxations (kneecap dislocations)

- <sup>10</sup> None
- <sup>6</sup> Occasionally in sporting activities
- <sup>4</sup> Occasionally in daily activities
- <sup>2</sup> At least one documented dislocation
- <sup>0</sup> More than two dislocations

12. Atrophy of thigh (shrinking thigh muscle)

- <sup>5</sup> None
- <sup>3</sup> Slight
- <sup>0</sup> Severe

13. Flexion deficiency (unable to bend knee)

- <sup>5</sup> None
- <sup>3</sup> Slight
- <sup>0</sup> Severe