



LYSHOLM KNEE SCORING SCALE

With regard to your level of activity, check which term best describes your symptoms under each heading:

1. Limp

- ⁵ None
- ³ Slight or periodical
- ⁰ Severe and constant

2. Support

- ⁵ None
- ² Stick or crutch
- ⁰ Weight-bearing impossible

3. Locking

- ¹⁵ No locking & catching sensations
- ¹⁰ Catching but not locking
- ⁶ Locking: occasional
- ² Locking: frequent
- ⁰ Knee is always locked

4. Instability

- ²⁵ Never giving way
- ²⁰ Rarely, during athletics or severe exertion
- ¹⁵ Frequently during athletics or exertion
(or can not participate)
- ¹⁰ Occasionally with normal daily activities
- ⁵ Often during normal daily activities
- ⁰ Every step

5. Pain

- ²⁵ None
- ²⁰ Inconsistent or slight with severe exertion
- ¹⁵ Marked during severe exertion
- ¹⁰ Marked after walking more than $\frac{3}{4}$ mile
- ⁵ Marked on or after walking less than $\frac{3}{4}$ mile
- ⁰ Constant

6. Swelling

- ¹⁰ None
- ⁶ On severe exertion
- ² On ordinary exertion
- ⁰ Constant

7. Stair-Climbing

- ¹⁰ No problem
- ⁶ Slightly impaired
- ² One step at a time
- ⁰ Impossible

8. Squatting

- ⁶ No problems
- ⁴ Slightly impaired
- ² Not beyond 90°
- ⁰ Impossible