

PALM BEACH ORTHOPAEDIC INSTITUTE, P.A.
PT – KNEE OUTCOME SURVEY
ACTIVITIES OF DAILY LIVING SCALE

Score: _____

The following questionnaire is designed to determine the symptoms and limitations that you experience because of your knee while you perform your usual daily activities. Please answer each question by **checking the one statement that best describes you over the last 1 to 2 days**. For a give question, more than one of the statements may describe you, but *please mark **only** the statement which best describes you during your usual daily activities.*

SYMPTOMS

To what degree does each of the following symptoms affect your level of daily activity?

Symptoms	Level of Difficulty				
Mark one answer in the column that is most appropriate.	None	Mild	Moderate	Severe	Unable
Pain	1	2	3	4	5
Stiffness	1	2	3	4	5
Swelling	1	2	3	4	5
Giving way, buckling or shifting of knee	1	2	3	4	5
Weakness	1	2	3	4	5
Limping	1	2	3	4	5

Fuctional Limitations with Activities of Daily Living

How does your knee affect your ability to...?

Fuctional Limitations with Activities of Daily Living	Level of Difficulty				
Mark one answer in the column that is most appropriate.	None	Mild	Moderate	Severe	Unable
Walk	1	2	3	4	5
Go up stairs	1	2	3	4	5
Go down stairs	1	2	3	4	5
Stand	1	2	3	4	5
Kneel on the front of your knee	1	2	3	4	5
Squat	1	2	3	4	5
Sit with your knee bent	1	2	3	4	5
Rise from a chair	1	2	3	4	5

_____ How would you rate the current function of your knee during your usual daily activities on a scale from 0 to 100 with 100 being your level of knee function prior to your injury and 0 being the inability to perform any of your usual daily activities?

How would you rate the overall function of your knee during your usual daily activities?

Please check the one response that best describes you:

- Normal Nearly normal Abnormal Severely abnormal

As a result of your knee injury, how would you rate your current level of daily activity?

Please check the one response that best describes you:

- Normal Nearly normal Abnormal Severely normal