

**KOOS-12 KNEE Survey**

***INSTRUCTIONS****: This survey asks for your views about your knee. Answer every question by marking the appropriate choice, only ONE answer for each question. If you are unsure about how to answer a question, please give the best answer you can.*

**PAIN**

**1. How often do you experience knee pain?**

□ Never □ Monthly □ Weekly □ Daily □ Always

***What amount of knee pain have you experienced the LAST WEEK during the following activities?***

**2. Walking on a flat surface**

□ None □ Mild □ Moderate □ Severe □ Extreme

**3. Going up or down stairs**

□ None □ Mild □ Moderate □ Severe □ Extreme

**4. Sitting or lying**

□ None □ Mild □ Moderate □ Severe □ Extreme

**FUNCTION OF DAILY LIVING**

***The following questions concern your physical function. By this we mean your ability to move around and to look after yourself. For each of the following activities please indicate the degree of difficulty you have experienced in the LAST WEEK due to your knee.***

**5. Rising from sitting**

□ None □ Mild □ Moderate □ Severe □ Extreme

**6. Standing**

□ None □ Mild □ Moderate □ Severe □ Extreme

**7. Getting in/out of a car**

□ None □ Mild □ Moderate □ Severe □ Extreme

**8. Twisting/pivoting on your injured knee**

□ None □ Mild □ Moderate □ Severe □ Extreme

**QUALITY OF LIFE**

**9. How often are you aware of your knee problem?**

□ Never □ Monthly □ Weekly □ Daily □ Constantly

**10. Have you modified our lifestyle to avoid potentially damaging activities to your knee?**

□ Not at all □ Mildly □ Moderately □ Severely □ Totally

**11. How much are you troubled with lack of confidence in your knee?**

□ Not at all □ Mildly □ Moderately □ Severely □ Totally

**12. In general, how much difficulty do you have with your knee?**

□ None □ Mild □ Moderate □ Severe □ Extreme

**Thank you very much for completing all the questions in this questionnaire.**

***SCORING (To be completed by physiotherapy staff)*** *- Score 0, 1, 2, 3, or 4 for each individual answer - Add these individual scores together to get the TOTAL RAW SCORE - Calculate (TOTAL RAW SCORE divided by 48 multiplied by 100) and subtract this number from 100 to get the FINAL SCORE*

Thank you very much for completing all the questions in this questionnaire