

LYSHOLM KNEE SCALE

INSTRUCTIONS: Under each category, please circle the one response. The most applies to you.
Thank you.

LIMP

- None
- Slight and/or periodical
- Severe and/or constant

PAIN

- 25 None.
- 20 Inconstant and slight during heavy exertion.
- 15 Marked during heavy exertion.
- 10 More than 2km.
- 5 Marked on or after walking less than 2km.
- 0 Constant

SUPPORT

- None
- Stick, cane, or crutch
- Weightbearing impossible

LOCKING

- 5 No locking and catching sensation
- 0 Catching sensations but no locking
- 6 Locking
- 6 Occasionally
- 2 Frequently
- 0 Locked joint on examination

SWELLING

- 10 None.
- 6 On heavy exertion.
- 2 On normal exertion.
- 0 Constant.

INSTABILITY

- 25 No giving away
- 20 Rarely during athletics or other heavy exertion
- 15 Frequently during athletics or heavy exertion or unable to participate
- 5 Occasionally in daily activities
- 2 Often in daily activities
- 0 At every step

STAIR CLIMBING

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

SQUATTING

- 5 No problems
- 4 Slightly impaired
- 2 Not beyond 90 degrees
- 0 Impossible

Please write any other information that you feel may be important here. _____
