

Knee Outcome Survey - Activities of Daily Living Scale

Name _____ Date _____ Patient # _____

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

Functional Disability with Activities of Daily Living

1. How does your knee affect you ability to walk?

- ☐ My knee does not affect my ability to walk.
- ☐ I have pain in my knee when walking, but it does not affect my ability t o walk.
- ☐ My knee prevents me from walking more than 1 mile.
- ☐ My knee prevents me from walking more than 1/2 mile.
- ☐ My knee prevents me from walking more than 1 block.
- ☐ My knee prevents me from walking.

2. Because of your knee, do you walk with crutches or a cane?

- ☐ I can walk without crutches or a cane.
- ☐ My knee causes me to walk with 1 crutch or a cane.
- ☐ My knee causes me to walk with 2 crutches.
- ☐ Because of my knee, I cannot walk even with crutches.

3. Does your knee cause you to limp when you walk?

- ☐ I can walk without a limp.
- ☐ Sometimes my knee causes me to walk with a limp.
- ☐ Because of my knee, I cannot walk without a limp.

4. How does your knee affect your ability to go up stairs?

- ☐ My knee does not affect my ability to go up stairs?
- ☐ I have pain in my knee when going up stairs, but it does not limit my ability to go up stairs.
- ☐ I am able to go up stairs normally, but I need to rely on use of a railing.
- ☐ I am able to go up stairs on step at a time with use of a railing.
- ☐ I have to sue crutches or a cane to go up stairs.
- ☐ I cannot go up stairs.

5. How does your knee affect your ability to go down stairs?

- ☐ My knee does not affect my ability to go down stairs?
- ☐ I have pain in my knee when going down stairs, but it does not limit my ability to go down stairs.
- ☐ I am able to go down stairs normally, but I need to rely on use of a railing.
- ☐ I am able to go down stairs on step at a time with use of a railing.
- ☐ I have to sue crutches or a cane to go down stairs.
- ☐ I cannot go down stairs.

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

- ☐ My knee does not affect my ability to stand. I can stand for unlimited amounts of time.
- ☐ I have pain in my knee when standing, but it does not limit my ability to stand.
- ☐ Because of my knee I cannot stand for more than 1 hour.
- ☐ Because of my knee I cannot stand for more than 1/2 hour.
- ☐ Because of my knee I cannot stand for more than 10 minutes.
- ☐ I cannot stand because of my knee.

7. How does your knee affect your ability to kneel on the front of your knee?

- ☐ My knee does not affect my ability to kneel on the front of my knee. I can kneel for unlimited amounts of time.
- ☐ I have pain when kneeling on the front of my knee, but it does not limit my ability to kneel.
- ☐ I cannot kneel on the front of my knee for more than 1 hour.
- ☐ I cannot kneel on the front of my knee for more than 1/2 hour.
- ☐ I cannot kneel on the front of my knee for more than 10 minutes.
- ☐ I cannot kneel on the front of my knee.

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

- ☐ My knee does not affect my ability to squat. I can squat all the way down.
- ☐ I have pain when squatting, but I can still squat all the way down.
- ☐ I cannot squat more than 3/4 of the way down.
- ☐ I cannot squat more than 1/2 of the way down.
- ☐ I cannot squat more than 1/4 of the way down.
- ☐ I cannot squat at all.

9. How does your knee affect your ability to sit with your knee bent?

- ☐ My knee does not affect my ability to sit with my knee bent. I can sit for unlimited amounts of time.
- ☐ I have pain when sitting with my knee bent, but it does not limit my ability to sit.
- ☐ I cannot sit with my knee bent for more than 1 hour.
- ☐ I cannot sit with my knee bent for more than 1/2 hour.
- ☐ I cannot sit with my knee bent for more than 10 minutes.
- ☐ I cannot sit with my knee bent.

10. How does your knee affect your ability to rise from a chair?

- ☐ My knee does not affect my ability to rise from a chair.
- ☐ I have pain when rising from a seated position, but it does not limit my ability to rise from a seated position.
- ☐ Because of my knee I can only rise from a chair if I use my hands and arms to assist.
- ☐ Because of my knee I cannot rise from a chair.

Reference: Irrgang, J.J., Snyder-Mackler, L., Fu, F., (1998). Development of a patient-reported measure of function of the knee. JBJS, 8A, 1132-1145.