

Lysholm Knee Questionnaire / Tegner Activity Scale

Name:
First Last

Date:

Physician:

1. Limp:

- a) None
- b) Slight or periodical
- c) Severe and constant

2. Support:

- a) None
- b) Stick or crutch
- c) Weight-bearing impossible

3. Locking:

- a) No locking and no catching sensations
- b) Catching sensation but no locking
- c) Locking occasionally
- d) Locking frequently
- e) Locked joint on examination

4. Instability:

- a) Never giving way
- b) Rarely during athletics or other severe exertion
- c) Frequently during athletics or other severe exertion (or incapable of participation)
- d) Occasionally in daily activities
- e) Often in daily activities
- f) Every step

5. Pain:

- a) None
- b) Inconstant and slight during severe exertion
- c) Marked during severe exertion
- d) Marked on or after walking more than 2 km
- e) Marked on or after walking less than 2 km
- f) Constant

6. Swelling:

- a) None
- b) On severe exertion
- c) On ordinary exertion
- d) Constant

7. Stair-climbing:

- a) No problems
- b) Slightly impaired
- c) One step at a time
- d) Impossible

8. Squatting:

- a) No problems
- b) Slightly impaired
- c) Not beyond 90°
- d) Impossible

Activity Level Before Injury	Current Activity Level	Activity Level Following Surgery if applicable	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Competitive sports Soccer - national and international elite
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Competitive sports Soccer, lower divisions Ice hockey Wrestling Gymnastics
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Competitive sports Bandy Squash or badminton Athletics (jumping, etc.) Downhill skiing
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Competitive sports Tennis Athletics (running) Motorcross, speedway Handball Basketball Recreational sports Soccer Bandy and ice hockey Squash Athletics (jumping) Cross-country track findings both recreational and competitive
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Recreational sports Tennis and badminton Handball Basketball Downhill skiing Jogging, at least five times per week
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Work Heavy labor (e.g., building, forestry) Competitive sports Cycling Cross-country skiing Recreational sports Jogging on uneven ground at least twice weekly
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Work Moderately heavy labor (e.g., truck driving, heavy domestic work) Recreational sports Cycling Cross-country skiing Jogging on even ground at least twice weekly
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Work Light labor (e.g., nursing) Competitive and recreational sports Swimming Walking in forest possible
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Work Light labor Walking on uneven ground possible but impossible to walk in forest
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Work Sedentary work Walking on even ground possible
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sick leave or disability pension because of knee problems

Tegner:

Lysholm Score: