LYSHOLM KNEE RATING SYSTEM

By completing this questionnaire, your therapist will gain information as to how you function during normal activities. Mark the box which best describes your knee function today.

1. **LIMP**
   - None (5 points)
   - Slight or periodic (3 points)
   - Severe and constant (0 points)

2. **SUPPORT**
   - None (5 points)
   - Cane or crutch needed (2 points)
   - Weight bearing impossible (0 points)

3. **LOCKING**
   - None (15 points)
   - Catching sensation, but no locking (10 points)
   - Locking occasionally (6 points)
   - Locking frequently (2 points)
   - Locked joint at examination (0 points)

4. **INSTABILITY**
   - Never gives away (25 points)
   - Rarely during athletic activities/physical exertion (20 points)
   - Frequently during athletic activities/physical exertion (15 points)
   - Occasionally during daily activities (10 points)
   - Often during daily activities (5 points)
   - Every step (0 points)

5. **PAIN**
   - None (25 points)
   - Intermittent and light during strenuous activities (20 points)
   - Marked during strenuous activities (15 points)
   - Marked during or after walking more than 2 km. (1.2 mi) (10 points)
   - Marked during or after walking less than 2 km. (1.2 mi) (5 points)
   - Constant (0 points)

6. **SWELLING**
   - None (10 points)
   - After strenuous activities (6 points)
   - After ordinary activities (2 points)
   - Constant (0 points)

7. **STAIRS**
   - No problem (10 points)
   - Slight problem (6 points)
   - One step at a time (2 points)
   - Impossible (0 points)

8. **SQUATTING**
   - No problem (5 points)
   - Slight problem (4 points)
   - Not beyond 90° of flexion of the knee (halfway) (2 points)
   - Impossible (0 points)