

Knee injury and Osteoarthritis Outcome Score (KOOS), English version LK1.0

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- During the last week, did you have swelling in your knee?
Never
Rarely
Sometimes
Often
Always
- During the last week, did you feel grinding, hear clicking or any other type of noise when your knee moves?
Never
Rarely
Sometimes
Often
Always
- During the last week, did your knee catch or hang up when moving?
Never
Rarely
Sometimes
Often
Always
- During the last week, could you straighten your knee fully?
Always
Often
Sometimes
Rarely
Never
- During the last week, could you bend your knee fully?
Always
Often
Sometimes
Rarely
Never
- During the last week, how severe was your knee joint stiffness after first awakening in the morning?
None
Mild
Moderate
Severe
Extreme
- During the last week, how severe was your knee joint stiffness after sitting, lying, or resting later in the day?
None
Mild
Moderate
Severe
Extreme
- How often do you experience knee pain?
Never
Monthly
Weekly
Daily
Always
- During the last week, what amount of knee pain have you experienced when twisting or pivoting on your knee?
None
Mild
Moderate
Severe
Extreme
- During the last week, what amount of knee pain have you experienced when straightening your knee fully?
None
Mild
Moderate
Severe
Extreme

During the last week, what amount of knee pain have you experienced when bending your knee fully?

- None
- Mild
- Moderate
- Severe
- Extreme
- None

During the last week, what amount of knee pain have you experienced when walking on a flat surface?

- Mild
- Moderate
- Severe
- Extreme
- None

During the last week, what amount of knee pain have you experienced when going up or down stairs?

- Mild
- Moderate
- Severe
- Extreme
- None

During the last week, what amount of knee pain have you experienced at night while in bed?

- Mild
- Moderate
- Severe
- Extreme
- None

During the last week, what amount of knee pain have you experienced when sitting or lying?

- Mild
- Moderate
- Severe
- Extreme
- None

During the last week, what amount of knee pain have you experienced when standing upright?

- Mild
- Moderate
- Severe
- Extreme
- None

During the last week, how much knee-related difficulty have you experienced with descending stairs?

- Mild
- Moderate
- Severe
- Extreme
- None

During the last week, how much knee-related difficulty have you experienced with ascending stairs?

- Mild
- Moderate
- Severe
- Extreme
- None

During the last week, how much knee-related difficulty have you experienced with rising from sitting?

- Mild
- Moderate
- Severe
- Extreme
- None

During the last week, how much knee-related difficulty have you experienced with standing?

- Mild
- Moderate
- Severe
- Extreme

During the last week, how much knee-related difficulty have you experienced with bending to the floor or picking up an object?

- None
- Mild
- Moderate
- Severe
- Extreme

During the last week, how much knee-related difficulty have you experienced with walking on a flat surface?

- None
- Mild
- Moderate
- Severe
- Extreme

During the last week, how much knee-related difficulty have you experienced with getting in or out of a car?

- None
- Mild
- Moderate
- Severe
- Extreme

During the last week, how much knee-related difficulty have you experienced with going shopping?

- None
- Mild
- Moderate
- Severe
- Extreme

During the last week, how much knee-related difficulty have you experienced with putting on socks or stockings?

- None
- Mild
- Moderate
- Severe
- Extreme

During the last week, how much knee-related difficulty have you experienced with rising from bed?

- None
- Mild
- Moderate
- Severe
- Extreme

During the last week, how much knee-related difficulty have you experienced with taking off socks or stockings?

- None
- Mild
- Moderate
- Severe
- Extreme

During the last week, how much knee-related difficulty have you experienced with lying in bed (turning over, maintaining knee position)?

- None
- Mild
- Moderate
- Severe
- Extreme

During the last week, how much knee-related difficulty have you experienced with getting in or out of the bath?

- None
- Mild
- Moderate
- Severe
- Extreme

During the last week, how much knee-related difficulty have you experienced with sitting?

- None
- Mild
- Moderate
- Severe
- Extreme

During the last week, how much knee-related difficulty have you experienced with getting on or off of the toilet?

- None
- Mild
- Moderate
- Severe
- Extreme
- None

During the last week, how much knee-related difficulty have you experienced with heavy domestic duties (moving heavy boxes, scrubbing floors, etc.)?

- Mild
- Moderate
- Severe
- Extreme
- None

During the last week, how much knee-related difficulty have you experienced with light domestic duties (cooking, dusting, etc.)?

- Mild
- Moderate
- Severe
- Extreme
- None

During the last week, how much knee-related difficulty have you experienced with squatting?

- Mild
- Moderate
- Severe
- Extreme
- None

During the last week, how much knee-related difficulty have you experienced with running?

- Mild
- Moderate
- Severe
- Extreme
- None

During the last week, how much knee-related difficulty have you experienced with jumping?

- Mild
- Moderate
- Severe
- Extreme
- None

During the last week, how much knee-related difficulty have you experienced with twisting or pivoting on your injured knee?

- Mild
- Moderate
- Severe
- Extreme
- None

During the last week, how much knee-related difficulty have you experienced with kneeling?

- Mild
- Moderate
- Severe
- Extreme

How often are you aware of your knee problem?

- Never
- Monthly
- Weekly
- Daily
- Constantly
- Not at all

Have you modified your life style to avoid activities potentially damaging to your knee?

- Mildly
- Moderately
- Severely
- Totally

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

- Not at all
- Mildly
- Moderately
- Severely
- Extremely

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

- None
- Mild
- Moderate
- Severe
- Extreme