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**LYSHOLM SCORE (Circle: Left Knee/Right Knee) (If this involves both knees, then please print two forms out and answer separately)**

Select the best description of your knee pain with an "X" in the [ ]:

Question 1: Limp

- None (5 pts)
- Slight/periodic (3 pts)
- Severe and Constant (0 pts)

Question 2: Support

- None (5 pts)
- Stick/crutch needed (2 pts)
- Weight bearing/impossible (0 pts)

Question 3: Locking

- None (15 pts)
- Catching sensation present (10 pts)
- Occasional (6 pts)
- Frequent (2 pts)
- At examination (0 pts)

Question 4: Stairs

- No problem (10 pts)
- Slight problem (6 pts)
- One step at a time (3 pts)
- Impossible (0 pts)

Question 5: Instability

- Never (25 pts)
- Rarely during athletic activities (20 pts)
- Frequently during athletic activities (15 pts)
- Occasionally during daily activities (10 pts)
- Often during daily activities (5 pts)
- Every step (0 pts)

Question 6: Pain

- None (25 pts)
- Slight during strenuous activity (20 pts)

- Marked during/after walking >2km (10 pts)
- Marked during/after walking <2km (5 pts)
- Constant (0 pts)

Question 7: Swelling

- None (10 pts)
- After strenuous activities (6 pts)
- After ordinary activities (3 pts)
- Constant (0 pts)

Question 8: Squatting

- No problem (5 pts)
- Slight problem (4 pts)
- Not beyond 90 degrees of knee flexion (2 pts)
- Impossible (0 pts)

**Total Lysholm Score:** \_\_\_\_\_

**TEGNER SCORE: (Circle: Left Knee/Right Knee) (If this involves both knees, then please print two forms out and answer separately)**

Select the highest level activity that you can CURRENTLY partake in by placing an "X" in the [ ] next your answer:

- Soccer/Football-national/international level (10 pts)
- Soccer-lower division/Ice hockey/Wrestling/Gymnastics (9 pts)
- Bandy/Squash/Badminton/Athletics (Jumping)/downhill Skiing (8 pts)
- Tennis/Athletics (Running)/Motocross or Speedway/Handball or basketball (7 pts)
- Soccer/Bandy/Ice hockey/Squash/Athletics (Jumping)/Cross country track finding (orienteering), both Recreational and competitive (6 pts)
- Tennis/Badminton/Handball/Basketball/Downhill skiing/Jogging at least 5 times a week (5 pts)
- Heavy labor (construction, forestry)/Cycling/Cross country/Skiing/Jogging on uneven ground at least 2 Times a week (4 pts)
- Light work (nursing)/Walking on rough forest terrain (3 pts)
- Light work/walking on uneven ground (2 pts)
- Sedentary work/Walking on even ground (1 pts)
- Sick leave or disability pension because of knee problems (0 pts)

**Tegner Score:** \_\_\_\_\_