

## KNEE FUNCTIONAL ASSESSMENT

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Instructions:** When your knee hurts, you may find it hard to do some of the things you usually do. The list below contains some sentences people have used to describe themselves when they have knee pain. Some sentences may describe you today. When you read a sentence that describes you today, put an "X" in the box beside it. If it does not describe you today, leave the space beside it blank. *Check only sentences that describe you today.*

- I stay home most of the time because of my knee.
- When I sit, I change position frequently to get my knee comfortable.
- I walk more slowly than usual because of my knee.
- Because of my knee, I am not doing any of the jobs that I usually do around the house.
- Because of my knee I use the handrail on stairs.
- Because of my knee I lie down and rest more often.
- Because of my knee I have difficulty getting out of an easy chair.
- I get dressed more slowly than usual because of my knee.
- Because of my knee I try to get other people to do things for me.
- I only stand for short periods of time because of my knee.
- I find it difficult to get out of a chair because of my knee.
- Because of my knee, I try not to squat down.
- My knee is painful almost all of the time.
- Running is difficult because of my knee.
- My appetite is not good because of my knee.
- I have trouble putting my shoes and socks on because of my knee.
- I walk only short distances because of my knee.
- I sleep less because of my knee.
- Because of my knee pain I get dressed with help from someone else.
- I sit down for most of the day because of my knee.
- Because of my knee it takes me longer to get going in the mornings.
- Because of my knee pain I am more irritable and bad tempered with people than usual.
- Because of my knee it is difficult to go down stairs.
- I need to modify my fitness activities because of my knee.