

For the Office of **SETH C. GAMRADT, MD**Orthopaedic Surgery and Sports Medicine



IKDC KNEE FORM

Υοι	ır Full Nar	ne		 				_				
Tod	day's Date:	/.		/			Date o	of Injury:		/	/	_
<u>5</u> Y	MPTOMS'	* :										
	rade symp vou are no						ou think y	ou could	functio	n without	significo	ant symptoms, even
1.	What is	the highe	st level o	f activity	y that yo	u can per	form wit	hout sign	nificant	knee pain	?	
		00 <i>s</i> 00 <i>k</i> 00 <i>l</i>	ery strer strenuous Aoderate ight activ	activitie activitie: rities like	s like he s like mo walking,	avy physi derate pl , housewo	ical work hysical w ork or ya	, skiing o ork, runn rd work	r tennis iing or jo	ogging	ccer	
2.	During th	ne <u>past 4</u>	<u>weeks</u> , or	since yo	our injury	, how of	ten have	you had	pain?			
Nev	0 ver □□	1 	2 _	3 _	4 □□	5 🗀 🗀	6 _	7 🗆	8 □□	9 🗆	10 □□	Constant
INE												Constant
3.	If you ho	ave pain, k 1	now sever 2	e is it? 3	4	5	6	7	8	9	10	
No	pain	1	-			<u></u>	0	,	0	9	10	Worst pain imaginable
4.	During tl	ne <u>past 4</u>	<u>weeks</u> , or	since yo	our injury	, how sti	iff or sw	ollen was	your kn	ee?		
	□□ No	t at all		Mildly		Moderat	ely		Very	 6:	xtremely	
5.	What is	the highe	st level o	f activity	y you can	perform	without	significa	ınt swell	ing in you	r knee?	
		00 <i>s</i> 00 <i>k</i> 00L	ery strer strenuous Noderate ight activ	activitie activitie: rities like	s like he s like mo walking,	avy physi derate pl , housewo	ical work hysical w ork, or ya	, skiing o ork, runn rd work	r tennis iing or jo	ogging	ccer	
6.	During tl	ne <u>past 4</u> □□Y	weeks, or es□□no	since yo	our injury	, did you	ır knee lo	ck or cat	tch?			
7.	What is the highest level of activity you can perform without significant giving way in your knee? UVery strenuous activities like jumping or pivoting as in basketball or soccer UVStrenuous activities like heavy physical work, skiing or tennis UVModerate activities like moderate physical work, running or jogging UVLight activities like walking, housework or yard work											

□□Unable to perform any of the above activities due to giving way of the knee	



For the Office of **SETH C. GAMRADT, MD** Orthopaedic Surgery and Sports Medicine

IKDC KNEE FORM (PAGE 2)

8. What is the highest level of activity you can participate in on a regular basis?

SPORTS	ACTIV	/ITIES:
--------	-------	---------

											etball or so	occer		
						es like hed			_					
						s like mod e walking,	•	•		ning or	· Jogging			
			-	-		any of th		•		knee				
9.	How				t your abi	•								
					, 700, 00		dif	Not ficult at all	Minim diffic	,	Moderate Difficul		Extreme difficul	' I
	a.	Go up s	tairs					00	٥٥	ı	۵۵		00	00
	b.	Go dow	n stai	rs				00	00	I	٥٥		00	00
	c.	Kneel o	n the	front o	f your kr	nee		00	۵۵	l	٥٥		٥٥	٥٥
	d.	Squat						00	00	l	٥٥		۵۵	۵۵
	e.	Sit wit	h your	¹ knee b	ent			00	۵۵	l	٥٥		٥٥	٥٥
	f.	Rise fr	om a c	chair				00	۵۵	l	٥٥		٥٥	٥٥
	g.	Run str	aight	ahead				00	۵۵	l	٥٥		٥٥	٥٥
	h.	Jump o	nd lar	nd on yo	ur involve	ed leg		00	۵۵	I	۵۵		٥٥	۵۵
	i.	Stop a	nd sta	rt quick	dy			00	00	ı	۵۵		00	00
		would yo									peing norma clude sport		llent fun	ction and O
FUN	OCTIC	ON PRIC	R TO	YOUR	KNEE IN	JURY:								
	not pe y activ	erform vities	0	1	2	3	4	5 	6	7 00	_	9		No limitation in daily activities
CUR	RENT	T FUNCT	ION	OF YOU	JR KNEE	:								
Cani	not pe	rform												No limitation
	y activ		0	1	2	3	4	5	6	7	8	9	10	in daily
			00	00										activities