## PROBLEMS WITH YOUR KNEE

### During the past 4 weeks...

#### 1. How would you describe the pain you **usually** have from your knee?

- None [ ]
- Very mild [ ]
- Mild [ ]
- Moderate [ ]
- Severe [ ]

#### 2. Have you had any trouble with washing and drying yourself (all over) because of your knee?

- No trouble at all [ ]
- Very little trouble [ ]
- Moderate trouble [ ]
- Extreme difficulty [ ]
- Impossible to do [ ]

#### 3. Have you had any trouble getting in and out of a car or using public transport because of your knee? (whichever you would tend to use)

- No trouble at all [ ]
- Very little trouble [ ]
- Moderate trouble [ ]
- Extreme difficulty [ ]
- Impossible to do [ ]

#### 4. For how long have you been able to walk before pain from your knee becomes severe? (with or without a stick)

- No pain/Not at all [ ]
- More than 30 minutes [ ]
- 16 to 30 minutes [ ]
- 5 to 15 minutes [ ]
- Around the house only [ ]
- Not at all - pain severe when walking [ ]

#### 5. After a meal (sat at a table), how painful has it been for you to stand up from a chair because of your knee?

- Not at all painful [ ]
- Slightly painful [ ]
- Moderately painful [ ]
- Very painful [ ]
- Unbearable [ ]

#### 6. Have you been limping when walking, because of your knee?

- Rarely/never [ ]
- Sometimes, or just at first [ ]
- Often, not just at first [ ]
- Most of the time [ ]
- All of the time [ ]
<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
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<tbody>
<tr>
<td><strong>During the past 4 weeks...</strong></td>
<td><strong>tick one box for every question</strong></td>
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<tr>
<td><strong>7</strong> Could you kneel down and get up again afterwards?</td>
<td>Yes, Easily With little difficulty With moderate difficulty With extreme difficulty No, Impossible</td>
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<tr>
<td><strong>8</strong> Have you been troubled by <strong>pain from your knee</strong> in bed at night?</td>
<td>No nights Only 1 or 2 nights Some nights Most nights Every night</td>
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<tr>
<td><strong>9</strong> How much has <strong>pain from your knee</strong> interfered with your usual work</td>
<td>Not at all A little bit Moderately Greatly Totally</td>
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<tr>
<td><em>(including household)</em></td>
<td><strong>Including housework)</strong></td>
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<tr>
<td><strong>10</strong> Have you felt that your knee might suddenly 'give way' or let you</td>
<td>Rarely/never Sometimes, or just at first Often, not just at first Most of the time All of the time</td>
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<td>down?</td>
<td><strong>Including household</strong></td>
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<td><strong>11</strong> Could you do the household shopping on your own?</td>
<td>Yes, Easily With little difficulty With moderate difficulty With extreme difficulty No, Impossible</td>
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<tr>
<td><strong>12</strong> Could you walk down one flight of stairs?</td>
<td>Yes, Easily With little difficulty With moderate difficulty With extreme difficulty No, Impossible</td>
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