

**For Office Use**

**Edema:**

**Location:**

none

mild

moderate

severe

**Circumference:**

**Reference Landmarks**

**(R)**

**(L)**

Joint Motion	AROM		PROM		STRENGTH		+/- Pain		END FEEL
	R	L	R	L	R	L	R	L	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Functional Limitations With Activities of Daily Living: How does your knee affect your ability to: (check one answer on each line)

Activity is for	Activity is somewhat difficult	Activity is difficult	Activity is very difficult	Activity is impossible
Walk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Go upstairs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Go downstairs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kneel on floor of your knee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Squat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stair your knee pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get from a chair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Scoring: The first column is scored 8 points for each item, followed in successive columns by scores of 4, 2, 1, and 0 for the last column. The total points from all items are summed, then divided by 70 and multiplied by 100 for the ADL score. For example, if the individual places marks for 12 items in the first column, and 2 items in the second column the total points would be 12x8 = 96 points, plus 2x4 = 8 points for a total of 104 points. The ADL score would then be 104/70 x 100 = 148%.