

The Markland Clinic

PROFESSIONAL PHYSIOTHERAPY

Cotswold Leisure Centre, Tetbury Road, Cirencester, Gloucestershire, GL7 1US
also at Links Leisure Club, Tewkesbury Park Hotel, Lincoln Green Lane, Tewkesbury, GL20 7DN

Name

Date

Lysholm and Gillquist Scale

For each section please indicate which status best describes your current situation

Limp (5 Points)		Pain (25 Points)	
None	5	None	30
Slight or periodical	3	Inconstant and slight during severe exertion	25
Severe and constant	0		
Support (5 Points)		Marked during severe exertion	0
None	5	Marked on or after walking more than 2 km	10
Stick or crutch	2	Marked on or after walking less than 2 km	5
Weight-bearing impossible	0	Constant	0
Locking (15 points)		Swelling (10 Points)	
No locking and no catching sensations	15	None	10
Catching sensation but no locking	10	On severe exertion	6
Locking		On ordinary exertion	2
Occasionally	6	Constant	0
Frequently	2		
Locked joint on examination	0	Stair climbing (10 points)	
Instability (30 Points)		No problems	10
Never giving way	25	Slightly impaired	6
Rarely gives way except for athletic or other severe exertion	20	One step at a time	2
		Impossible	0
Gives way frequently during athletic events or severe exertion	15	Squatting (5 points)	
Occasionally in daily activities	10	No problems	5
Often in daily activities	5	Slightly impaired	4
Every step	0	Not beyond ninety degrees	2
		Impossible	0
		TOTAL (Max 100)	

Tegner Functional Activity Score

Please indicate both your current and normal activity level

Level 10	Competitive sports- soccer, football, rugby (national elite)
Level 9	Competitive sports- soccer, football, rugby (lower divisions), ice hockey, wrestling, gymnastics, basketball
Level 8	Competitive sports- racquetball, squash or badminton, track and field athletics (jumping, etc.), down-hill skiing
Level 7	Competitive sports- tennis, running, motorcars speedway, handball Recreational sports- soccer, football, rugby, ice hockey, basketball, squash, racquetball, running
Level 6	Recreational sports- tennis and badminton, handball, racquetball, down-hill skiing, jogging at least 5 times per week
Level 5	Work- heavy labor (construction, etc.) Competitive sports- cycling, cross-country skiing, Recreational sports- jogging on uneven ground at least twice weekly
Level 4	Work- moderately heavy labor (e.g. truck driving, etc.)
Level 3	Work- light labor (nursing, etc.)
Level 2	Work- light labor Walking on uneven ground possible, but impossible to back pack or hike
Level 1	Work- sedentary (secretarial, etc.)
Level 0	Sick leave or disability pension because of knee problems

SportsPerform