

Lysholm Knee Scale

Limp (5 Points)

None 5 _____
 Slight or periodic 3 _____
 Severe and constant 0 _____

Support (5 Points)

Full Support 5 _____
 Cane or crutch 3 _____
 Weight Bearing impossible 0 _____

Stair Climbing (5 points)

No problems 5 _____
 Slightly impaired 3 _____
 One step at a time 2 _____
 Unable 0 _____

Squatting (5 Points)

No problem 5 _____
 Lightly impaired 3 _____
 Not past 90 degrees 2 _____
 Unable 0 _____

TOTAL

Walking, Running and Jumping

Instability (30 Points)

Never giving way 30 _____
 Rarely gives way except for athletic or other severe exertion 25 _____
 Gives way frequently during athletic events or severe exertion 0 _____
 Occasionally in daily activities 10 _____
 Often in daily activities 5 _____
 Every step 0 _____

Swelling (10 Points)

None 10 _____
 With giving way 7 _____
 On severe exertion 5 _____
 On ordinary exertion 2 _____
 Constant 0 _____

Pain (30 Points)

None 30 _____
 Inconstant and slight during severe exertion 25 _____
 Marked on giving way 20 _____
 Marked during severe exertion 15 _____
 Marked on or after walking more than 1 ¼ miles 10 _____
 Marked on or after walking less than 1 ¼ miles 5 _____
 Constant and severe 0 _____

Atrophy of thigh (5 Points)

None 5 _____
 1-2 cm 3 _____
 > 2 cm 0 _____

TOTAL
