

# 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

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