

KUJALA SCORING QUESTIONNAIRE

Name:
First Last

Date:

Physician:

1. Limp:

- a) None
- b) Slight or periodic
- c) Constant

2. Support:

- a) Full support without pain
- b) Painful
- c) Weightbearing impossible

3. Walking:

- a) Unlimited
- b) More than 2 km
- c) 1-2 km
- d) Unable

4. Stairs:

- a) No difficulty
- b) Slight pain when descending
- c) Pain both when ascending and descending
- d) Unable

5. Squatting:

- a) No difficulty
- b) Repeated squatting painful
- c) Painful each time
- d) Possible with partial weightbearing
- e) Unable

6. Running:

- a) No difficulty
- b) Pain after more than 2 km
- c) Slight pain from the start
- d) Severe pain
- e) Unable

7. Jumping:

- a) No difficulty
- b) Slight difficulty
- c) Constant pain
- d) Unable

8. Prolonged sitting with knee flexed:

- a) No difficulty
- b) Pain after exercise
- c) Constant pain
- d) Severe pain
- e) Unable

9. Pain:

- a) None
- b) Slight and occasional
- c) Interferes with sleep
- d) Occasionally severe
- e) Constant and severe

10. Swelling:

- a) None
- b) After severe exertion
- c) After daily activities
- d) Every morning
- e) Constant

11. Abnormal painful kneecap movements: (patellar subluxations)

- a) None
- b) Occasionally in sports activities
- c) Occasionally in daily activities
- d) At least one dislocation after surgery
- e) More than two dislocations

12. Atrophy of thigh:

- a) None
- b) Slight
- c) Severe

13. Flexion deficiency:

- a) None
- b) Slight
- c) Severe

Score