

TEGNER ACTIVITY LEVEL SCALE

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 or bandy, 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, bandy, ice hockey, basketball, squash, rac

Level 6 Recreational sports- tennis and badminton, handball, racquetball, down-hill skiing, jogging at least 5 times per week

Level 5 Work- heavy labour (construction, etc.) Competitive sports- cycling, cross-country skiing, Recreational sports- jogging on uneven ground at least twice we

Level 4 Work- moderately heavy labour (e.g. truck driving, etc.)

Level 3 Work- light labour (nursing, etc.)

Level 2 Work- light labour 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

1. ACTIVITY LEVEL BEFORE INJURY

2. CURRENT ACTIVITY LEVEL

Comment:

Answering date:

Day Month Year

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