

## OKS - Activity and Participation Questionnaire (maximum 32)

Please consider these statements when thinking about the past four weeks....

1. It is a problem for me to do activities (e.g. sports, dancing, walking) to the level I want, because of my knee

- |   |   |
|---|---|
| <input type="checkbox"/> strongly agree             | 0 |
| <input type="checkbox"/> tend to agree              | 1 |
| <input type="checkbox"/> neither agree nor disagree | 2 |
| <input type="checkbox"/> tend to disagree           | 3 |
| <input type="checkbox"/> strongly disagree          | 4 |

2. It is a problem for me to carry heavy things (e.g. items at work, shopping or a child), because of my knee

- |   |   |
|---|---|
| <input type="checkbox"/> strongly agree             | 0 |
| <input type="checkbox"/> tend to agree              | 1 |
| <input type="checkbox"/> neither agree nor disagree | 2 |
| <input type="checkbox"/> tend to disagree           | 3 |
| <input type="checkbox"/> strongly disagree          | 4 |

3. I need to modify my work or everyday activities, because of my knee

- |   |   |
|---|---|
| <input type="checkbox"/> strongly agree             | 0 |
| <input type="checkbox"/> tend to agree              | 1 |
| <input type="checkbox"/> neither agree nor disagree | 2 |
| <input type="checkbox"/> tend to disagree           | 3 |
| <input type="checkbox"/> strongly disagree          | 4 |

4. I need to plan carefully before going out for the day, because of my knee (e.g. taking painkillers, using a knee brace or checking that there will be places to sit down)

- |   |   |
|---|---|
| <input type="checkbox"/> strongly agree             | 0 |
| <input type="checkbox"/> tend to agree              | 1 |
| <input type="checkbox"/> neither agree nor disagree | 2 |
| <input type="checkbox"/> tend to disagree           | 3 |
| <input type="checkbox"/> strongly disagree          | 4 |

5. It is a problem for me to fully take part in activities with friends and family, because of my knee

- |   |   |
|---|---|
| <input type="checkbox"/> strongly agree             | 0 |
| <input type="checkbox"/> tend to agree              | 1 |
| <input type="checkbox"/> neither agree nor disagree | 2 |
| <input type="checkbox"/> tend to disagree           | 3 |
| <input type="checkbox"/> strongly disagree          | 4 |

6. It is a problem for me to walk at the pace I would like, because of my knee

- |   |   |
|---|---|
| <input type="checkbox"/> strongly agree             | 0 |
| <input type="checkbox"/> tend to agree              | 1 |
| <input type="checkbox"/> neither agree nor disagree | 2 |
| <input type="checkbox"/> tend to disagree           | 3 |
| <input type="checkbox"/> strongly disagree          | 4 |

7. It is a problem for me to twist or turn, as my knee may give way or be painful

- |   |   |
|---|---|
| <input type="checkbox"/> strongly agree             | 0 |
| <input type="checkbox"/> tend to agree              | 1 |
| <input type="checkbox"/> neither agree nor disagree | 2 |
| <input type="checkbox"/> tend to disagree           | 3 |
| <input type="checkbox"/> strongly disagree          | 4 |

8. It is a problem for me that I need to take longer to do everyday activities, because of my knee

- |   |   |
|---|---|
| <input type="checkbox"/> strongly agree             | 0 |
| <input type="checkbox"/> tend to agree              | 1 |
| <input type="checkbox"/> neither agree nor disagree | 2 |
| <input type="checkbox"/> tend to disagree           | 3 |
| <input type="checkbox"/> strongly disagree          | 4 |