**TEGNER ACTIVITY LEVEL SCALE**

**Please indicate in the spaces below the HIGHEST level of activity that you participated in BEFORE YOUR INJURY and the highest level you are able to participate in CURRENTLY.**

**BEFORE INJURY: Level CURRENT: Level**

|  |  |
| --- | --- |
| **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, racquetball, running** |
| **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 weekly** |
| **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** |

**SURGICAL HISTORY**

**Have you had any additional surgeries to your knee other than this surgery performed? Yes / No**

**If Yes:**

**What procedure(s) were performed?­­­­­­­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**When was the surgery performed? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Who performed the surgery?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**