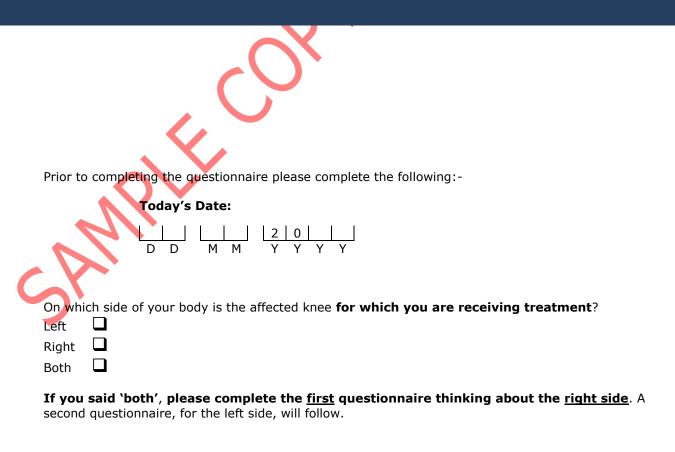


## Oxford Knee Score (OKS)

English version for the United Kingdom



## **PROBLEMS WITH YOUR KNEE**

Tick ( $\checkmark$ ) one box for every question.

1.	During the past 4 weeks							
	How would you describe the pain you <u>usually</u> have from your knee?							
	None	Very mild	Mild	Moderate	Severe			
2.	During the past 4 weeks							
	Have you had any trouble with washing and drying yourself (all over) because of your knee?							
	No trouble at all	Very little trouble	Moderate trouble	Extreme difficulty	Impossible to do			
3.	During the past 4 weeks							
	Have you had any trouble getting in and out of a car or using public transport because of your knee? (whichever you tend to use)							
	No trouble at all	Very little trouble	Moderate trouble	Extreme difficulty	Impossible to do			
4.	During the p	ast 4 weeks						
	For how long have you been able to walk before pain from your knee becomes <b>severe</b> ? (with or without a stick)							
	No pain/More than 30		5 to 15	Around the	Not at all/pain severe when			
	minutes	minutes	minutes	house only	walking —			
5.	During the p	ast 4 weeks						
	After a meal (sat at a table), how painful has it been for you to stand up from a chair because of your knee?							
•	Not at all	Slightly	Moderately	Very				
1	painful	painful	painful	painful	Unbearable			
Y								
6.	During the past 4 weeks							
	Have you been limping when walking, because of your knee?							
	Rarely/	Sometimes,	Often, not just at	Most	All			
	never	or just at first	first	or the time	of the time			

7.	During the past 4 weeks								
	Could you kneel down and get up again afterwards?								
	Yes, easily	With little difficulty	With moderate difficulty	With extreme difficulty	No, impossible				
8.	During the past 4 weeks								
	Have you been troubled by pain from your knee in bed at night?								
	No nights	Only 1 or 2 nights	Some nights	Most nights	Every night				
9.	During the r	past 4 weeks							
9.	How much has <u>pain from your knee</u> interfered with your usual work (including housework)?								
	Not at all	A little bit	Moderately	Greatly	Totally				
10.	During the past 4 weeks								
	Have you felt that your knee might suddenly 'give way' or let you down?								
	Rarely/ never	Sometimes, or just at first		Most of the time	All of the time				
11.	During the past 4 weeks								
	Could you do	<b>Could</b> you do the household shopping on your own?							
	Yes, easily	With little difficulty	With moderate difficulty	With extreme difficulty	No, impossible				
12.	During the p	oast 4 weeks							
	Could you walk down one flight of stairs?								
<b>)</b> '	Yes, easily	With little difficulty	With moderate difficulty	With extreme difficulty	No, impossible				

Finally, please check back that you have answered each question.

Thank you very much.