

Oxford Knee Score

PATIENT NAME: _____

1. How would you describe the pain you usually have in your knee?

- None
- Very mild
- Mild
- Moderate
- Severe

2. How long can you walk for before the pain in your knee becomes severe (with or without a walking aid)?

- No pain for 30 minutes or more
- 16 to 30 minutes
- 5 to 15 minutes
- Around the house only
- Not at all

3. After sitting for a meal, how painful is it to stand up because of your knee?

- Not at all painful
- Slightly painful
- Moderately painful
- Very painful
- Unbearable

4. Have you been limping when walking because of your knee?

- Rarely/never
- Sometimes or just at first
- Often, not just at first
- Most of the time
- All of the time

5. Have you felt that your knee might suddenly 'give-way' or let you down?

- Rarely/never
- Sometimes or just at first
- Often, not just at first
- Most of the time
- All of the time

6. Could you kneel down and get up again afterwards?

- Yes, easily
- With little difficulty
- With moderate difficulty
- With extreme difficulty
- No, impossible

7. 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

8. How much has pain from your knee interfered with your usual work, including housework?

- Not at all
- A little bit
- Moderately
- Greatly
- Totally

9. Could you walk down a flight of stairs?

- Yes, easily
- With little difficulty
- With moderate difficulty
- With extreme difficulty
- No, impossible

10. 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

11. Have you had any trouble getting in and out of a car or using public transport, because of your knee?

- No trouble at all
- Very little trouble
- Moderate trouble
- Extreme difficulty
- Impossible to do

12. Could you do the household shopping on your own?

- Yes, easily
- With little difficulty
- With moderate difficulty
- With extreme difficulty
- No, impossible