

Norwich Patellar Instability Score

Name/address/hospital no (affix patient label)	LEFT/RIGHT
	Date

Below is a list of activities which may cause your knee cap to feel like it will “pop out” of joint or feel unstable.

Please read through each statement, ticking the box which best describes how often your knee cap feels like it will “pop out” of joint or feels unstable when you are doing each of the following activities. *(Please tick one box for every question)*

1. Twisting/changing direction during sports/games

Always Often Sometimes Rarely Never Do not do

2. Changing direction when running

Always Often Sometimes Rarely Never Do not do

3. Running in a straight line on *uneven* surfaces

Always Often Sometimes Rarely Never Do not do

4. Walking on slippery, wet or icy surfaces

Always Often Sometimes Rarely Never Do not do

5. Running sideways

Always Often Sometimes Rarely Never Do not do

6. Hopping

Always Often Sometimes Rarely Never Do not do

7. Jumping

Always Often Sometimes Rarely Never Do not do

8. Running in a straight line on *even* surfaces

Always Often Sometimes Rarely Never Do not do

9. Going down stairs

Always Often Sometimes Rarely Never Do not do

10. Squatting

Always Often Sometimes Rarely Never Do not do

11. Kneeling

Always Often Sometimes Rarely Never Do not do

12. Walking in a straight line on *uneven* surfaces

Always Often Sometimes Rarely Never Do not do

13. Climbing stairs

Always Often Sometimes Rarely Never Do not do

14. Stepping onto or over a high step

Always Often Sometimes Rarely Never Do not do

15. Crossing your legs when sitting

Always Often Sometimes Rarely Never Do not do

16. Walking in a straight line on *even* surfaces

Always Often Sometimes Rarely Never Do not do

17. Getting into or out of a car

Always Often Sometimes Rarely Never Do not do

18. Turning a heavy trolley round a supermarket aisle

Always Often Sometimes Rarely Never Do not do

19. Turning to look over your shoulder

Always Often Sometimes Rarely Never Do not do