

# KOOSglobal KNEE SURVEY

**INSTRUCTIONS:** This survey asks for your view about your knee. This information will help us keep track of how you feel about your knee and how well you are able to do your usual activities.

Answer every question by ticking the appropriate box, only one box for each question. If you are uncertain about how to answer a question, please give the best answer you can.

## Stiffness

The following question concerns the amount of joint stiffness you have experienced during the **last week** in your knee. Stiffness is a sensation of restriction or slowness in the ease with which you move your knee joint.

1. How severe is your knee stiffness after first wakening in the morning?\*

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Pain

What amount of knee pain have you experienced the **last week** during the following activities?

2. Twisting/pivoting on your knee\*

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Straightening knee fully\*

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. Going up or down stairs\*

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5. Standing upright\*

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Function, daily living

The following questions concern your physical function. By this we mean your ability to move around and to look after yourself. For each of the following activities please indicate the degree of difficulty you have experienced in the **last week** due to your knee.

6. Rising from sitting\*

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

7. Bending to floor/pick up an object\*

None	Mild	Moderate	Severe	Extreme
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Quality of Life

8. How often are you aware of your knee problem?

Never

Monthly

Weekly

Daily

Constantly

9. Have you modified your life style to avoid potentially damaging activities to your knee?

Not at all

Mildly

Moderately

Severely

Totally

10. How much are you troubled with lack of confidence in your knee?

Not at all

Mildly

Moderately

Severely

Extremely

11. In general, how much difficulty do you have with your knee?

None

Mild

Moderate

Severe

Extreme

Thank you very much for completing all the questions in this questionnaire.

# KOOSglobal SCORING INSTRUCTIONS

The KOOSglobal was developed from the original versions of the Knee injury and Osteoarthritis Outcome Score (KOOS) and KOOS, JR surveys and contains 11 items from the original surveys. Items are coded from 0 to 4, none to extreme respectively.

KOOSglobal is scored by summing the raw response (range 0-44) and then converting it to an interval score using the table provided below. The interval score ranges from 0 to 100 where 0 represents complete knee disability and 100 represents perfect knee health.

Table for converting raw summed scores to interval scores from 0 (complete knee disability) to 100 (perfect knee health)

<b>Raw summed score (0-44)</b>	<b>Interval score (0 to 100 scale)</b>	<b>Raw summed score (0-44)</b>	<b>Interval score (0 to 100 scale)</b>
0	100.000	23	46.376
1	89.485	24	45.220
2	82.597	25	44.049
3	78.136	26	42.861
4	74.760	27	41.652
5	72.019	28	40.421
6	69.687	29	39.163
7	67.634	30	37.876
8	65.779	31	36.558
9	64.071	32	35.205
10	62.478	33	33.812
11	60.977	34	32.372
12	59.555	35	30.875
13	58.200	36	29.308
14	56.900	37	27.648
15	55.646	38	25.683
16	54.431	39	23.898
17	53.246	40	21.656
18	52.082	41	18.956
19	50.935	42	15.382
20	49.795	43	9.609
21	48.659	44	0.000
22	47.520		