

Lysholm Knee Scale

Limp (5 Points)

- None 5
- Slight or periodic 3
- Severe and constant 0

Support (5 Points)

- Full Support 5
- Cane or crutch 3
- Weight Bearing impossible 0

Stair Climbing (5 points)

- No problems 5
- Slightly impaired 3
- One step at a time 2 Unable 0

Squatting (5 Points)

- No problem 5
- Lightly impaired 3
- Not past 90 degrees 2
- Unable 0

TOTAL

Walking, Running and Jumping

Instability (30 Points)

- Never giving way 30
- Rarely gives way except for athletic or other severe exertion 25 Gives way frequently during athletic events or severe exertion 0
- Occasionally in daily activities 10
- Often in daily activities 5 Every step 0

Swelling (10 Points)

- None 10
- With giving way 7
- On severe exertion 5 On ordinary exertion 2
- Constant 0

Pain (30 Points)

- None 30
- Inconstant and slight during severe exertion 25
- Marked on giving way 20
- Marked during severe exertion 15
- Marked on or after walking more than 1 ¼ miles 10
- Marked on or after walking less than 1 ¼ miles 5
- Constant and severe 0

Atrophy of thigh (5 Points)

- None 5
- 1-2 cm 3
- > 2 cm 0

TOTAL