

# Scale Lysholm

## 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 \_\_\_\_\_

&gt; 2 cm 0 \_\_\_\_\_

**TOTAL** \_\_\_\_\_