

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 _____

> 2 cm 0 _____

TOTAL _____