

THE KNEE INJURY AND OSTEOARTHRITIS OUTCOME SCORE (KOOS)

Pain

- P1. How often is your knee painful? Never, monthly, weekly, daily, always
What degree of pain have you experienced the last week when...?
- P2. Twisting/pivoting on your knee None, mild, moderate, severe, extreme
- P3. Straightening knee fully None, mild, moderate, severe, extreme
- P4. Bending knee fully None, mild, moderate, severe, extreme
- P5. Walking on flat surface None, mild, moderate, severe, extreme
- P6. Going up or down stairs None, mild, moderate, severe, extreme
- P7. At night while in bed None, mild, moderate, severe, extreme
- P8. Sitting or lying None, mild, moderate, severe, extreme
- P9. Standing upright None, mild, moderate, severe, extreme

Symptoms

- Sy1. How severe is your knee stiffness after first wakening in the morning? None, mild, moderate, severe, extreme
- Sy2. How severe is your knee stiffness after sitting, lying, or resting later in the day? None, mild, moderate, severe, extreme
- Sy3. Do you have swelling in your knee? Never, rarely, sometimes, often, always
- Sy4. Do you feel grinding, hear clicking or any other type of noise when your knee moves? Never, rarely, sometimes, often, always
- Sy5. Does your knee catch or hang up when moving? Never, rarely, sometimes, often, always
- Sy6. Can you straighten your knee fully? Always, often sometimes, rarely, never
- Sy7. Can you bend your knee fully? Always, often sometimes, rarely, never

Activities of daily living

- What difficulty have you experienced the last week...?
- A1. Descending stairs None, mild, moderate, severe, extreme
- A2. Ascending stairs None, mild, moderate, severe, extreme
- A3. Rising from sitting None, mild, moderate, severe, extreme
- A4. Standing None, mild, moderate, severe, extreme
- A5. Bending to floor/pick up an object None, mild, moderate, severe, extreme
- A6. Walking on flat surface None, mild, moderate, severe, extreme
- A7. Getting in/out of car None, mild, moderate, severe, extreme
- A8. Going shopping None, mild, moderate, severe, extreme
- A9. Putting on socks/stockings None, mild, moderate, severe, extreme

- A10. Rising from bed None, mild, moderate, severe, extreme
- A11. Taking off socks/stockings None, mild, moderate, severe, extreme
- A12. Lying in bed (turning over, maintaining knee position) None, mild, moderate, severe, extreme
- A13. Getting in/out of bath None, mild, moderate, severe, extreme
- A14. Sitting None, mild, moderate, severe, extreme
- A15. Getting on/off toilet None, mild, moderate, severe, extreme
- A16. Heavy domestic duties (shoveling, scrubbing floors, etc.) None, mild, moderate, severe, extreme
- A17. Light domestic duties (cooking, dusting, etc.) None, mild, moderate, severe, extreme

Sport and recreation function

What difficulty have you experienced the last week...?

- Sp1. Squatting None, mild, moderate, severe, extreme
- Sp2. Running None, mild, moderate, severe, extreme
- Sp3. Jumping None, mild, moderate, severe, extreme
- Sp4. Turning/twisting on your injured knee None, mild, moderate, severe, extreme
- Sp5. Kneeling None, mild, moderate, severe, extreme

Knee-related quality of life

- Q1. How often are you aware of your knee problems? Never, monthly, weekly, daily, always
- Q2. Have you modified your lifestyle to avoid potentially damaging activities to your knee? Not at all, mildly, moderately, severely, totally
- Q3. How troubled are you with lack of confidence in your knee? Not at all, mildly, moderately, severely, extremely
- Q4. In general, how much difficulty do you have with your knee? None, mild, moderate, severe, extreme

Scoring: Each item is scored 0 to 4 and the raw score for each section is the sum of item scores. Scores are then transformed to a 0 to 100 scale. A higher score indicates fewer problems.

Scale	Raw score	Transformed score	MDC ₉₀
Pain	/36	$100 - \frac{\text{Actual raw score} \times 100}{\text{Possible raw score range}}$ Example: a pain raw score of 16 would be transformed as follows: $100 - \frac{(16 \times 100)}{36} = 56$	12 points
Symptoms	/28		8 points
ADL	/68		10 points
Sport/Rec	/20		19 points
QOL	/16		13 points

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