

## KNEE PAIN ASSESSMENT



### Why does my knee hurt?

It's important for you to know and be able to communicate the level of knee pain that you are experiencing. If you can't describe it accurately for your doctor, then he or she may not be able to recommend the best treatment option for you.

*To the right you will find a list of questions to answer quickly. If your answers are "yes" more often than they are "no," then you may need to consider knee replacement surgery. Print this assessment and mark "yes" or "no" next to each question, and then share it with your orthopedic surgeon.*

	YES	NO
Does your knee hurt one or more days per week? .....	<input type="checkbox"/>	<input type="checkbox"/>
Does your pain interfere with your sleep?.....	<input type="checkbox"/>	<input type="checkbox"/>
Is it painful for you to walk more than a block?.....	<input type="checkbox"/>	<input type="checkbox"/>
Are pain medications no longer working for you?.....	<input type="checkbox"/>	<input type="checkbox"/>
Is knee pain limiting your participation in activities (like golf, traveling, walking, or other functions)? .....	<input type="checkbox"/>	<input type="checkbox"/>
Has inactivity caused you to gain weight? .....	<input type="checkbox"/>	<input type="checkbox"/>
Is your knee unstable and wobbly when you put weight on it? .....	<input type="checkbox"/>	<input type="checkbox"/>
Does your knee pain make your job more difficult? ...	<input type="checkbox"/>	<input type="checkbox"/>
Have you been dealing with long-term knee pain and discomfort that has lasted without change for three weeks and won't go away? .....	<input type="checkbox"/>	<input type="checkbox"/>
Have you noticed changes in the shape and color of your knee? .....	<input type="checkbox"/>	<input type="checkbox"/>
Do you have trouble straightening or bending your knee because of swelling? .....	<input type="checkbox"/>	<input type="checkbox"/>

### Rate your pain on a scale of 1-5

For most people, the tipping point is about 4 or 5 – that's when the pain becomes too difficult and they turn to a surgeon for relief.

