1. For how many minutes can you sit pain free?

0 mins [ ] 100 mins [ ] Points [ ]

0 1 2 3 4 5 6 7 8 9 10

2. Do you have pain walking downstairs with a normal gait cycle?

strong severe [ ] no pain [ ] Points [ ]

0 1 2 3 4 5 6 7 8 9 10

3. Do you have pain at the knee with full active non-weightbearing knee extension?

strong severe [ ] no pain [ ] Points [ ]

0 1 2 3 4 5 6 7 8 9 10

4. Do you have pain when doing a full weight bearing lunge?

strong severe [ ] no pain [ ] Points [ ]

0 1 2 3 4 5 6 7 8 9 10

5. Do you have problems squatting?

Unable [ ] no problems [ ] Points [ ]

0 1 2 3 4 5 6 7 8 9 10

6. Do you have pain during or immediately after doing 10 single leg hops?

strong severe unable [ ] no pain [ ] Points [ ]

0 1 2 3 4 5 6 7 8 9 10

7. Are you currently undertaking sport or other physical activity?

0 [ ] Not at all

4 [ ] Modified training ± modified competition

7 [ ] Full training ± competition but not at same level as when symptoms began

10 [ ] Competing at the same or higher level as when symptoms began
8. Please complete EITHER A, B or C in this question.

- If you have **no pain** while undertaking sport please complete Q8a only.

- If you have **pain while undertaking sport but it does not stop you** from completing the activity, please complete Q8b only.

- If you have **pain that stops you from completing sporting activities**, please complete Q8c only.

**8a. If you have no pain while undertaking sport, for how long can you train/practise?**

<table>
<thead>
<tr>
<th></th>
<th>NIL</th>
<th>1-5 mins</th>
<th>6-10 mins</th>
<th>7-15 mins</th>
<th>&gt;15 mins</th>
</tr>
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<tbody>
<tr>
<td>Points</td>
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<td>7</td>
<td>14</td>
<td>21</td>
<td>30</td>
</tr>
</tbody>
</table>

**OR**

**8b. If you have some pain while undertaking sport, but it does not stop you from completing your training/practice for how long can you train/practise?**

<table>
<thead>
<tr>
<th></th>
<th>NIL</th>
<th>1-5 mins</th>
<th>6-10 mins</th>
<th>7-15 mins</th>
<th>&gt;15 mins</th>
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<td>Points</td>
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<td>0</td>
<td>4</td>
<td>10</td>
<td>14</td>
<td>20</td>
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</tbody>
</table>

**OR**

**8c. If you have pain which stops you from completing your training/practice for how long can you train/practise?**

<table>
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<tr>
<th></th>
<th>NIL</th>
<th>1-5 mins</th>
<th>6-10 mins</th>
<th>7-15 mins</th>
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<td>5</td>
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<td>10</td>
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_________________________________________________________________________

**TOTAL VISA SCORE**