

TEGNER ACTIVITY LEVEL SCALE

Please indicate in the spaces below the **HIGHEST** level of activity that you participated in **BEFORE YOUR INJURY** and the highest level you are able to participate in **CURRENTLY**.

BEFORE INJURY: Level _____ **CURRENT:** Level _____

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|----------|--|
| Level 10 | Competitive sports- soccer, football, rugby (national elite) |
| Level 9 | Competitive sports- soccer, football, rugby (lower divisions), ice hockey, wrestling, gymnastics, basketball |
| Level 8 | Competitive sports- racquetball or bandy, squash or badminton, track and field athletics (jumping, etc.), down-hill skiing |
| Level 7 | Competitive sports- tennis, running, motorcars speedway, handball Recreational sports- soccer, football, rugby, bandy, ice hockey, basketball, squash, racquetball, running |
| Level 6 | Recreational sports- tennis and badminton, handball, racquetball, down-hill skiing, jogging at least 5 times per week |
| Level 5 | Work- heavy labor (construction, etc.) Competitive sports- cycling, cross-country skiing, Recreational sports- jogging on uneven ground at least twice weekly |
| Level 4 | Work- moderately heavy labor (e.g. truck driving, etc.) |
| Level 3 | Work- light labor (nursing, etc.) |
| Level 2 | Work- light labor Walking on uneven ground possible, but impossible to back pack or hike |
| Level 1 | Work- sedentary (secretarial, etc.) |
| Level 0 | Sick leave or disability pension because of knee problems |

Y Tegner and J Lysolm. *Rating Systems in the Evaluation of Knee Ligament Injuries.* Clinical Orthopedics and Related Research. Vol. 198: 43-49, 1985.

SURGI CAL HI STORY

Have you had **any additional surgeries** to your knee other than those performed by Dr. Stone?

Yes / No

If Yes:

What procedure(s) were performed? _____

When was the surgery performed? _____

Who performed the surgery? _____