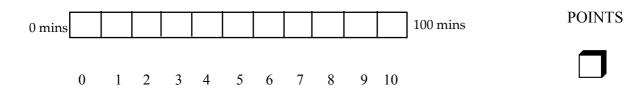
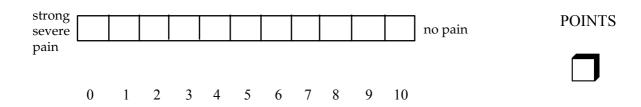
## VICTORIAN INSTITUTE OF SPORT

## ASSESSMENT SCALE

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



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



3. Do you have pain at the knee with full active nonweightbearing knee extension?

strong											1	1	POINTS
severe												no pain	TOHTIS
pain												•	
	0	1	2	3	4	5	6	7	8	9	10		

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

	ong		1	1	1		1	1	1		1	1	٦ "	a nain			P	OINT	S	
pa	vere in						1		1	<u> </u>	1			o pain						
		0	1	2	3	4	5	6	7	8	9	10	ı							
5.	Do	you	ı hav	e pro	blen	ns sq	uattii	ng?												
																	P	OINT	S	
unal	ble [												no pro	blems						
		0	1	2	3	4	5	6	7	8	9	10	ı							
6.	Do	you	ı hav	e pai	n du	ring	or im	nmed	iately	y afte	er do	ing 1	0 si	ngle le	eg ho	ops?				
																PO	INTS			
strong pain/														no pain			J			
			0	1	2	3	4	5	6	7	8	9	10							
7.	Are	e yo	u cur	rentl	y un	derta	aking	spor	t or (	other	phy	sical	acti	vity?						
	0		Not	at al	1															POL
	4		Mod	dified	l trai	ning	± mo	odifie	d coı	mpet	ition									_
	7		Full	trair	ning :	± con	npeti	tion l	out n	ot at	sam	e lev	el as	wher	ı syn	npto	ms be	gan		
	10		Con	npeti	ng at	the	same	or h	igheı	leve	el as v	wher	ı syı	npton	ns be	gan				

						-)				
8.	Please con	mplete <b>EIT</b> H	IER A, B or	<b>C</b> in this qu	uestion.					
•	If you hav	e <b>no pain</b> wh	ile undertaki	ng sport ple	ase complet	e Q8a only.				
•		e <b>pain while</b> lease complet		sport but it	does not sto	op you from completing the				
•	If you have only.	e pain that st	ops you fron	n completin	g sporting a	ctivities, please complete Q8c				
8a.	If you have	e <b>no pain</b> wh	ile undertaki	ng sport, fo	r how long c	an you train/practise?				
						POINTS				
	NIL	1-5 mins	6-10 mins	7-15 mins	>15 mins					
	0	7	14	21	30					
	OR									
8b.	If you hav	e some pain v	while underta	aking sport,	but it does r	not stop you from completing				
your	training/p	ractice for ho	w long can y	ou train/pra	actise?					
						POINTS				
	NIL	1-5 mins	6-10 mins	7-15 mins	>15 mins					

OR

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

NIL	1-5 mins	6-10 mins	7-15 mins	>15 mins	
0	2	5	7	10	
TOTAL V	ISA SCORE				