KNEE	
Location	☐ Left Knee ☐ Both Knees
Pain Ratings	□ 0 □1 □2 □3 □4 □5 □6 □ 7 □8 □9 □10 (Excruciating)
Frequency	 □ Infrequent < 25% □ Occasional 25% to 50% □ Frequent 50% to 75% □ Constant > 75%
Pain/Severity	□ No Pain □ Pain □ Numbness □ Tingling / □ Mild □ Moderate □ Severe
Associated with	□ Numbness □ Pain □ Inflammation □ Bruising □ Swelling
Radiates to	□ Left Ankle □ Right Ankle □ Right Buttocks □ Left Buttocks □ Right Foot □ Right Calf □ Left Calf
Described as	☐ Aching ☐ Dull ☐ Sharp ☐ Stabbing ☐ Throbbing
At its worst	☐ Morning ☐ Afternoon ☐ Evening ☐ Night After Activities: ☐ Light ☐ Moderate
What makes it better?	□ Medication □ Lying Down □ Standing □ Sitting □ Stretching □ Range of Motion □ Nothing
What makes it worse?	□ Twisting (Right/ Left) □ Walking up or downstairs □ Weight bearing Prolonged: □ Sitting □ Standing □ Walking