

## Patella Tendinopathy Pain Questionnaire

The following is based on a questionnaire developed at the Victorian Institute of Sport Assessment as a tool for measuring patella tendon pain.

1. How many minutes can you sit without any pain in the knee?

0 mins ← 0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10 → 100 mins

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2. Do you have pain walking down stairs normally without limping?

Severe ← 0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10 → No pain

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3. Do you have pain at the knee when straightening the leg in a sitting position?

Severe ← 0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10 → No pain

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

Severe ← 0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10 → No pain

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5. Can you squat without pain?

No ← 0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10 → Yes easily

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

Severe ← 0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10 → No pain

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7. How much exercise or sport are you currently doing?

- a) None = 0 pts
- b) Modified training or competition = 4pts
- c) Full training but not at same level as when symptoms began = 7pts
- d) Full training or competition at the same level or higher as when symptoms began = 10 pts

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8. Answer ONLY one of the following questions:

a) If you have no pain when doing sports which load the achilles tendon for how long can you train?

0 mins = 0pts    1-10 mins = 7pts    11-20 mins = 14 pts    21-30 mins = 21 pts    > 30 mins = 30 pts

b) If you have pain but it does not stop you from doing sport for how long can you train?

0 mins = 0pts    1-10 mins = 7pts    11-20 mins = 14 pts    21-30 mins = 21 pts    > 30 mins = 30 pts

c) If you have pain which prevents you from completing your training, for how long can you train?

0 mins = 0pts    1-10 mins = 7pts    11-20 mins = 14 pts    21-30 mins = 21 pts    > 30 mins = 30 pts

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Date:

Total score

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