

## Oxford Knee Score

Clinician's name \_\_\_\_\_

Patient's name \_\_\_\_\_

Please answer the following 12 multiple choice questions.

During the past 4 weeks.....

**1. How would you describe the pain you usually have in your knee?**

- None
- Very mild
- Mild
- Moderate
- Severe

**2. Have you had any trouble washing and drying yourself (all over) because of your knee?**

- No trouble at all
- Very little trouble
- Moderate trouble
- Extreme difficulty
- Impossible to do

**3. Have you had any trouble getting in and out of the car or using public transport because of your knee? (With or without a stick)**

- No trouble at all
- Very little trouble
- Moderate trouble
- Extreme difficulty
- Impossible to do

**4. For how long are you able to walk before the pain in your knee becomes severe? (With or without a stick)**

- No pain > 60 min
- 16 - 60 minutes
- 5 - 15 minutes
- Around the house only
- Not at all - severe on walking

**7. Could you kneel down and get up again afterwards?**

- Yes, easily
- With little difficulty
- With moderate difficulty
- With extreme difficulty
- No, impossible

**8. Are you troubled by pain in your knee at night in bed?**

- Not at all
- Only one or two nights
- Some nights
- Most nights
- Every night

**9. How much has pain from your knee interfered with your usual work? (including housework)**

- Not at all
- A little bit
- Moderately
- Greatly
- Totally

**10. Have you felt that your knee might suddenly give away or let you down?**

- Rarely / Never
- Sometimes or just at first
- Often, not at first
- Most of the time
- All the time

5. After a meal (sat at a table), how painful has it been for you to stand up from a chair because of your knee?

- Not at all painful
- Slightly painful
- Moderately pain
- Very painful
- Unbearable

6. Have you been limping when walking, because of your knee?

- Rarely / never
- Sometimes or just at first
- Often, not just at first
- Most of the time
- All of the time

11. Could you do household shopping on your own?

- Yes, easily
- With little difficulty
- With moderate difficulty
- With extreme difficulty
- No, impossible

12. Could you walk down a flight of stairs?

- Yes, easily
- With little difficulty
- With moderate difficulty
- With extreme difficulty
- No, impossible

The Oxford Knee Score is:

### Grading for the Oxford Knee Score

**Score 0 to 19**

May indicate severe knee arthritis. It is highly likely that you may well require some form of surgical intervention, contact your family physician for a consult with an Orthopaedic Surgeon.

**Score 20 to 29**

May indicate moderate to severe knee arthritis. See your family physician for an assessment and x-ray. Consider a consult with an Orthopaedic Surgeon.

**Score 30 to 39**

May indicate mild to moderate knee arthritis. Consider seeing your family physician for an assessment and possible x-ray. You may benefit from non-surgical treatment, such as exercise, weight loss, and /or anti-inflammatory medication

**Score 40 to 48**

May indicate satisfactory joint function. May not require any formal treatment.

**Reference for Score:** Dawson J, Fitzpatrick R, Murray D, Carr A. Questionnaire on the perceptions of patients about total knee replacement. J Bone Joint Surg Br. 1998 Jan;80(1):63-9. [Link](#)

**Reference for Grading:** [Link](#)

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