**Anterior Knee Pain Questionnaire**

Please tick the response that most applies to you in answer to each statement:

My age is years

**Please Tick ONE ANSWER TO EACH STATEMENT OR QUESTION**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. I am | Female |  | Male |
| 1. My pain feels like it comes from : | Around or behind my knee cap |  | Deep inside the knee |
| 1. My pain gets worse when I go up and down the stairs. | YES |  | NO |
| 1. My knee is stiff and / or painful after sitting with my knees bent for a period of time. | YES |  | NO |
| 1. My knee pain is worse when I stand and twist suddenly. | NO |  | YES |
| 1. My knee grinds or clicks as I come down the stairs or bend the knee. | YES |  | NO |
| 1. My knee pain came on | Gradually over time with no specific injury or trauma |  | After a specific  trauma |

If your knee came on following a specific accident or trauma please briefly describe the mechanism of the knee injury:

See below for guidance on outcomes

**Guidance on outcomes**

* Anterior knee pain / patellofemoral pain is a common problem in younger patients. So their age can often help in the diagnosis of this condition. However, it can be found often in late 40s + population, especially in women, and especially where the patellofemoral joint may be degenerative.
* If the majority of answers fall in the first column- it is likely that the pain is predominantly originating from the patellofemoral joint / anterior knee.
* If the trauma has involved a direct blow to the anterior knee this is likely to precede or exacerbate an anterior knee / patellofemoral problem. If the majority of answers fall in the second column and the pain is more located laterally / medially around the joint line it is unlikely to be predominantly an anterior knee / patellofemoral pain issue.

Trauma that has involved twisting / landing awkwardly may also indicate an alternative knee pathology.