

VICTORIAN INSTITUTE OF SPORT

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

0 mins 100 mins Points

0 1 2 3 4 5 6 7 8 9 10

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

strong
severe no pain Points
pain

0 1 2 3 4 5 6 7 8 9 10

3. Do you have pain at the knee with full active non-weightbearing knee extension?

strong
severe no pain Points
pain

0 1 2 3 4 5 6 7 8 9 10

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

strong
severe no pain Points
pain

0 1 2 3 4 5 6 7 8 9 10

5. Do you have problems squatting?

Unable no problems Points

0 1 2 3 4 5 6 7 8 9 10

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

strong severe no pain Points
pain/unable

0 1 2 3 4 5 6 7 8 9 10

7. Are you currently undertaking sport or other physical activity?

- 0 Not at all
- 4 Modified training ± modified competition
- 7 Full training ± competition but not at same level as when symptoms began
- 10 Competing at the same or higher level as when symptoms began

8. Please complete **EITHER A, B or C** in this question.

- If you have **no pain** while undertaking sport please complete **Q8a only**.
- If you have **pain while undertaking sport but it does not stop you** from completing the activity, please complete **Q8b only**.
- If you have **pain that stops you from completing sporting activities**, please complete **Q8c only**.

8a. If you have **no pain** while undertaking sport, for how long can you train/practise?

NIL	1-5 mins	6-10 mins	7-15 mins	>15 mins	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Points <input type="checkbox"/>
0	7	14	21	30	

OR

8b. If you have some pain while undertaking sport, but it does not stop 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	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
0	4	10	14	20	Points <input type="checkbox"/>

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	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
0	2	5	7	10	Points <input type="checkbox"/>

TOTAL VISA SCORE