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

0 mins □□□□□□□□□□□□□□□□ 100 mins Points □

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

strong □□□□□□□□□□□□□□□□ no pain Points □

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

strong □□□□□□□□□□□□□□□□ no pain Points □

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

strong □□□□□□□□□□□□□□□□ no pain Points □

5. Do you have problems squatting?

Unable □□□□□□□□□□□□□□□□ no problems Points □

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

strong severe □□□□□□□□□□□□□□□□ no pain Points □

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?

<table>
<thead>
<tr>
<th></th>
<th>NIL</th>
<th>1-5 mins</th>
<th>6-10 mins</th>
<th>7-15 mins</th>
<th>&gt;15 mins</th>
</tr>
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<tbody>
<tr>
<td>Points</td>
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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?

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<tr>
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<th>NIL</th>
<th>1-5 mins</th>
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<th>7-15 mins</th>
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0  4  10  14  20

**OR**

**8c.** If you have **pain which stops you** from completing your training/practice for how long can you train/practise?

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<th>6-10 mins</th>
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0  2  5  7  10

_________________________________________________________________________

**TOTAL VISA SCORE** ☐