

C. PHYSICAL ACTIVITIES

Mark the box with the number that best represents how certain you are about the activity right now despite pain/discomfort.

0= not at all certain

10= very certain

	0	1	2	3	4	5	6	7	8	9	10
Squatting											
Jumping sideways from one leg to the other											
Working out hard a short time after an injury											
Performing a one-leg hop on the injured leg											
Moving around in a small boat											
Doing fast twisting											

D. YOUR KNEE FUNCTION IN THE FUTURE

Mark the box with the number that best represents how certain you are about the activity in the future

0= not at all certain

10= very certain

	0	1	2	3	4	5	6	7	8	9	10
How certain are you that you can participate on the same activity level as before the injury?											
How certain are you that you will not have new knee injuries?											
How certain are you that your knee will not "break down" ?											
How certain are you that your knee will not get worse than before surgery (only for people who have had surgery)											

