# KNEE-SELF EFFICACY SCALE (K-SES)



This questionnaire is about how certain you are about your ability to manage different activities **right now** and how certain you are about your knee function in **the future.** 

You should only give **your perception of** how certain **you are about your ability** to manage the activities and not how well you actually can perform the activities.

If you have never tried the activity, you should say what you believe your ability is.

### **A. DAILY ACTIVITIES**

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

	0= r	not a	t all		10= very certain						
	0	1	2	3	4	5	6	7	8	9	10
Taking a walk in the forest											
Climbing up and down stairs											
Going out dancing											
Jumping ashore											
Running after small children											
Running for the tram/bus											
Working in the garden											

### **B. SPORTS AND LEISURE 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		
Bicycling long distances													
Cross-country skiing													
Horseback riding													
Swimming													
Hiking in the mountains													

# **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= r		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)														



