



Banff Sport Medicine

## Norwich Patellar Instability Score

Patient Name:			
Date of Visit:		Visit	<input type="checkbox"/> Initial <input type="checkbox"/> 3mo <input type="checkbox"/> 6mo <input type="checkbox"/> 1yr <input type="checkbox"/> 2yr
Surgeon:	<input type="checkbox"/> Hiemstra <input type="checkbox"/> Heard <input type="checkbox"/> Buchko	Knee	<input type="checkbox"/> Right <input type="checkbox"/> Left

Below is a list of activities which may cause your knee cap to feel like it will “pop out” of joint or feel unstable.

Please read through each statement, ticking the box which best describes how often your knee cap feels like it will “pop out” of joint, or feels unstable when you are doing each of the following activities.

**Please tick one box for every question**

#	Question	Always	Often	Sometimes	Rarely	Never	Do Not Do
1.	Twisting/changing direction during sports/games						
2.	Changing direction when running						
3.	Running in a straight line on <i>uneven</i> surfaces						
4.	Walking on slippery, wet or icy surfaces						
5.	Running sideways						
6.	Hopping						
7.	Jumping						
8.	Running in a straight line on <i>even</i> surfaces						
9.	Going down stairs						
10.	Squatting						
11.	Kneeling						
12.	Walking in a straight line on <i>uneven</i> surfaces						
13.	Climbing stairs						
14.	Stepping onto or over a high step						
15.	Crossing your legs when sitting						
16.	Walking in a straight line on <i>even</i> surfaces						
17.	Getting into or out of a car						
18.	Turning a heavy trolley round a supermarket aisle						
19.	Turning to look over your shoulder						