Table 1: The Oxford Knee Score (OKS):

The Oxford Knee Score is a 12-item patient-reported specifically designed and developed to assess function and pain after total knee replacement (TKR) surgery (arthroplasty). It is short, reproducible, valid and sensitive to clinically important changes.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  | | --- | --- | --- | --- | --- | | 1. How would you describe the pain you usually have in your knee? | |  | 7. Could you kneel down and get up again afterwards? | | |  | None |  |  | Yes, easily | |  | Very mild |  |  | With little difficulty | |  | Mild |  |  | With moderate difficulty | |  | Moderate |  |  | With extreme difficulty | |  | Severe |  |  | No, impossible | | | | | |
|  | | |  |  |
| |  |  |  |  |  | | --- | --- | --- | --- | --- | | 2. Have you had any trouble washing and drying yourself (all over) because of your knee? | |  | 8. Are you troubled by pain in your knee at night in bed? | | |  | No trouble at all |  |  | Not at all | |  | Very little trouble |  |  | Only one or two nights | |  | Moderate trouble |  |  | Some nights | |  | Extreme difficulty |  |  | Most nights | |  | Impossible to do |  |  | Every night | | | | | |
|  | | |  |  |
| |  |  |  |  |  | | --- | --- | --- | --- | --- | | 3.  Have you had any trouble getting in and out of the car or using public transport because of your knee? (With or without a stick) | |  | 9. How much has pain from your knee interfered with your usual work? (including housework) | | |  | No trouble at all |  |  | Not at all | |  | Very little trouble |  |  | A little bit | |  | Moderate trouble |  |  | Moderately | |  | Extreme difficulty |  |  | Greatly | |  | Impossible to do |  |  | Totally | | | | | |
|  | | |  |  |
| |  |  |  |  |  | | --- | --- | --- | --- | --- | | 4. For how long are you able to walk before the pain in your knee becomes s eve re? (With or without a stick) | |  | 10. Have you felt that your knee might suddenly ï¿½give awayï¿½ or let you down? | | |  | No pain > 60 min |  |  | Rarely / Never | |  | 16 - 60 minutes |  |  | Sometimes or just at first | |  | 5 - 15 minutes |  |  | Often, not at first | |  | Around the house only |  |  | Most of the time | |  | Not at all - severe on walking |  |  | All the time | | | | | |
|  | | |  |  |
| |  |  |  |  |  | | --- | --- | --- | --- | --- | | 5. After a meal (sat at a table), how painful has it been for you to stand up from a chair because of your knee? | |  | 11. Could you do household shopping on your own? | | |  | Not at all painful |  |  | Yes, easily | |  | Slightly painful |  |  | With little difficulty | |  | Moderately pain |  |  | With moderate difficulty | |  | Very painful |  |  | With extreme difficulty | |  | Unbearable |  |  | No, impossible | | | | | |
|  | | |  |  |
| |  |  |  |  |  | | --- | --- | --- | --- | --- | | 6. Have you been limping when walking, because of your knee? | |  | 12. Could you walk down a flight of stairs? | | |  | Rarely / never |  |  | Yes, easily | |  | Sometimes or just at first |  |  | With little difficulty | |  | Often, not just at first |  |  | With moderate difficulty | |  | Most of the time |  |  | With extreme difficulty | |  | All of the time |  |  | No, impossible | | | | | |
| Grading for the Oxford Knee Score | |
| Score 0 to 19 | May indicate severe knee arthritis. It is highly likely that you may well require some form of surgical intervention, contact your family physician for a consult with an Orthopaedic Surgeon. |
| Score 20 to 29 | May indicate moderate to severe knee arthritis. See your family physician for an assessment and x-ray. Consider a consult with an Orthopaedic Surgeon. |
| Score 30 to 39 | May indicate mild to moderate knee arthritis. Consider seeing your family physician for an assessment and possible x-ray. You may benefit from non-surgical treatment, such as exercise, weight loss, and /or anti-inflammatory medication |
| Score 40 to 48 | May indicate satisfactory joint function. May not require any formal treatment. |