

Modified Cincinnati Rating System Questionnaire

Clinician's name (or ref)

Patient's name (or ref)

This questionnaire has been designed to give your therapist information as to how your knee pain has affected your ability to manage in everyday life. Please answer every question by placing a mark in the box that best describes your condition today.

During the past 4 weeks.....

Section 1 - Pain Intensity

- ☐ No pain, normal knee, performs 100%
- ☐ Occasional pain with strenuous sports or heavy work, knee not entirely normal, some limitations but minor and tolerable
- ☐ Occasional pain with light recreational sports or moderate work activities, running or, heavy labour, strenuous sports
- ☐ Pain, usually brought on by sports, light recreational activities or moderate work. Occasionally occurs with walking, standing or light work
- ☐ Pain is a significant problem with simple activity such as walking, relieved by rest, unable to do sports
- ☐ Pain present all the time. Not relieved by rest

Section 2 -Swelling

- ☐ No swelling
- ☐ Occasional swelling with strenuous sports or heavy work. Some limitations but minor and tolerable
- ☐ Occasional swelling with light recreational sports or moderate work activities. Frequently brought on by vigorous activities, running, heavy labour, and strenuous sport
- ☐ Swelling limits sports and moderate work. Occurs infrequently with simple walking activities or light work (approx 3 times a year)
- ☐ Swelling brought on by simple walking activities and light work. Relieved by rest
- ☐ Severe problem all the time, with simple walking activities

Section 3 - Giving Way

- ☐ No giving way
- ☐ Occasional giving way with strenuous sports or heavy work. Can participate in all sports but some guarding or limitations present
- ☐ Occasional giving way with light sports or moderate work. Able to compensate but limits vigorous activities, sports, or heavy work not able to cut or twist suddenly. are conveniently positioned (e.g., on a table)
- ☐ Giving way limits sports and moderate work, occurs infrequently with walking or light work (approx 3 times per year)
- ☐ Giving way with simple walking activities and light work. Occurs once per month, requires guarding
- ☐ Severe problem with simple walking activities, cannot turn or twist while walking without giving way

Section 4 - Overall activity level

- ☐ No limitation, normal knee, able to do everything including strenuous sports or heavy labour
- ☐ Perform sports including vigorous activities but at lower performance level: involves guarding or some limits to heavy labour
- ☐ Light recreational activities possible with rare symptoms, more strenuous activities cause problems.Active but in different sports; limited to moderate work
- ☐ No sports or recreational activities possible. Walking with rare symptoms; limited to light work
- ☐ Walking, ADL cause moderate symptoms, frequent limitations
- ☐ Walking, ADL cause severe problems, persistent symptoms

Section 5 - Walking

- ☐ Walking unlimited
- ☐ Slight/mild problem
- ☐ Moderate problem: smooth surface possible up to approx 800m

Section 6 - Stairs

- ☐ Normal, unlimited
- ☐ Slight/mild problem
- ☐ Moderate problems only 10-15 steps possible

- ☐ Severe problem, only 2-3 blocks possible
- ☐ Severe problem; requires stick or crutches

- ☐ Severe problem; requires bannister support
- ☐ Severe problem on 1-5 steps possible

Section 7 - Running activity

- ☐ Normal, unlimited; fully competitive, strenuous
- ☐ Slight mild problem; run half speed
- ☐ Moderate problem 2-4 km
- ☐ Severe problem only 1-2 blocks possible
- ☐ Severe problem only a few steps

Section 8 - Jumping or Twisting

- ☐ Normal, unlimited, fully competitive, strenuous
- ☐ Slight to mild problem; some guarding but port possible
- ☐ Moderate problem; gave up strenuous sports, recreational sports possible
- ☐ Severe problem; affects all sports; must constantly guard
- ☐ Severe problem; only light activity possible (golf, swimming)

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The Modified Cincinnati
Rating System is

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Grading the Modified Cincinnati Rating System Questionnaire

<30 Poor

30-54 Fair

55-79 Good

>80 Excellent

Reference for Score: Noyes FR, Barber SD, Mooar LA. A rationale for assessing sports activity levels and limitations in knee disorders. Clin Orthop Relat Res. 1989 Sep;(246):238-49. link to pubmed

Reference for Grading: Bentley G, Biant LC, Carrington RW, Akmal M, Goldberg A, Williams AM, Skinner JA, Pringle J. A prospective, randomised comparison of autologous chondrocyte implantation versus mosaicplasty for osteochondral defects in the knee. J Bone Joint Surg Br. 2003 Mar;85(2):223-30.

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