Index of Severity for Osteoarthritis of the Knee (*Lequesne et al*.)

Patient name:.....
Date: .....

Overview: Lequesne et al developed an index of severity for osteoarthritis for the knee (ISK). This can be used to assess the effectiveness of therapeutic interventions.

Sections for index: (1) Pain or discomfort (2) Maximum distance walked (3) Activities of daily living
Your answers will enable an overall assessment of your condition over the last four weeks. Please select the box that better represent your situation.

Section I: Pain or Discomfort

Parameter	Findings	Values	Points
Pain or discomfort during nocturnal bedrest (i.e. sleep)			
	None	0	
	Only on movement or in certain positions	1	
	Without movement	2	
Duration of morning stiffness or pain after getting up			
	None	0	
	< 15 minutes	1	
	>= 15 minutes	2	
Remaining standing for 30 minutes increases pain			
	No	0	
	Yes	1	
Pain on walking			
	None	0	
	Only after walking some distance	1	
	Early after starting (just when start walking)	2	
Pain or discomfort after getting up from sitting without use of arms			
	No	0	
	Yes	1	

Section II. Maximum Distance Walked

Parameter	Findings	Values	Points
Maximum distance walked			
	Unlimited	0.0	
	> 1 kilometer but limited	1.0	
	About 1 kilometer (about 15 minutes)	2.0	
	About 500 - 900 meters (about 8-15 minutes)	3.0	
	From 300 - 500 meters	4.0	
	From 100 - 300 meters	5.0	
	< 100 meters	6.0	
Walking aids required			
	None	0.0	
	One walking stick or crutch	1.0	
	Two walking sticks or crutches	2.0	

Section III. Activities of Daily Living

Parameter	Findings	Values	Points
Able to climb up a standard flight of stairs			
	Easily	0.0	
	With mild difficulty	0.5	
	With moderate difficulty	1.0	
	With marked difficulty	1.5	
	Impossible	2.0	

Parameter	Findings	Values	Points
Able to climb down a standard flight of stairs			
	Easily	0.0	
	With mild difficulty	0.5	
	With moderate difficulty	1.0	
	With marked difficulty	1.5	
	Impossible	2.0	

Parameter	Findings	Values	Points
Able to squat or bend at the knee			
	Easily	0.0	
	With mild difficulty	0.5	
	With moderate difficulty	1.0	
	With marked difficulty	1.5	
	Impossible	2.0	

Parameter	Findings	Values	Points
Able to walk on uneven ground			
	Easily	0.0	
	With mild difficulty	0.5	
	With moderate difficulty	1.0	
	With marked difficulty	1.5	
	Impossible	2.0	
Index of severity = Sum of points for all parameters			

Interpretation:

- Minimum points for each section: 0
- Maximum points for each section: 8
- Minimum index score: 0
- Maximum index score: 24

Index Score	Handicap
0	None
1-4	Mild
5-7	Moderate
8-10	Severe
11-13	Very Severe
>=14	Extremely Severe

References:

Lequesne M Mery C et al. Indexes of severity for osteoarthritis of the hip and knee. Scand J Rheumatology. 1987; Supplement 65: 85-89.
Lequesne M. Indices of severity and disease activity for osteoarthritis. Seminars in Arthritis and Rheumatism. 1991; 20 (supplement 2): 48-54.
Lequesne MG. The algofunctional indices for hip and knee osteoarthritis. J Rheumatol. 1997; 24: 779-781.