

VICTORIAN INSTITUTE OF SPORT

**ASSESSMENT SCALE**

1. For how many minutes can you sit pain free?

0 mins 

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 100 mins

0 1 2 3 4 5 6 7 8 9 10

POINTS

2. Do you have pain walking downstairs with a normal gait cycle?

strong severe pain 

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 no pain

0 1 2 3 4 5 6 7 8 9 10

POINTS

3. Do you have pain at the knee with full active nonweightbearing knee extension?

strong severe pain 

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 no pain

0 1 2 3 4 5 6 7 8 9 10

POINTS

4. Do you have pain when doing a full weight bearing lunge?

strong severe pain             no pain

0 1 2 3 4 5 6 7 8 9 10

POINTS

5. Do you have problems squatting?

POINTS

unable             no problems

0 1 2 3 4 5 6 7 8 9 10

6. Do you have pain during or immediately after doing 10 single leg hops?

POINTS

strong severe pain/unable             no pain

0 1 2 3 4 5 6 7 8 9 10

7. Are you currently undertaking sport or other physical activity?

0  Not at all

4  Modified training ± modified competition

7  Full training ± competition but not at same level as when symptoms began

10  Competing at the same or higher level as when symptoms began

POINT

8. Please complete **EITHER A, B or C** in this question.

- If you have **no pain** while undertaking sport please complete **Q8a only**.
- If you have **pain while undertaking sport but it does not stop you** from completing the activity, please complete **Q8b only**.
- If you have **pain that stops you from completing sporting activities**, please complete **Q8c only**.

**8a.** If you have **no pain** while undertaking sport, for how long can you train/practise?

POINTS

NIL	1-5 mins	6-10 mins	7-15 mins	>15 mins	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
0	7	14	21	30	

**OR**

**8b.** If you have some pain while undertaking sport, but it does not stop you from completing your training/practice for how long can you train/practise?

POINTS

NIL	1-5 mins	6-10 mins	7-15 mins	>15 mins	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
0	4	10	14	20	

OR

**8c.** If you have **pain which stops you** from completing your training/practice for how long can you train/practise?

					POINTS
NIL	1-5 mins	6-10 mins	7-15 mins	>15 mins	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
0	2	5	7	10	

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TOTAL VISA SCORE

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