

VISA-P QUESTIONNAIRE



Patient Name: _____

Date: _____

Instructions: In this questionnaire, the term "pain" refers specifically to pain in the knee cap region

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

0 minutes 0 1 2 3 4 5 6 7 8 9 10 100 minutes

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

Strong severe pain 0 1 2 3 4 5 6 7 8 9 10 No pain

3. Do you have pain at the knee with full active non-weightbearing knee extension?

Strong severe pain 0 1 2 3 4 5 6 7 8 9 10 No pain

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

Strong severe pain 0 1 2 3 4 5 6 7 8 9 10 No pain

5. Do you have problems squatting?

Unable to do 0 1 2 3 4 5 6 7 8 9 10 No problems

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

Strong severe pain 0 1 2 3 4 5 6 7 8 9 10 No pain

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	

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**.

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

NIL	1-5 minutes	6-10 minutes	7-15 minutes	>15 minutes
0	7	14	21	30

B. 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?

NIL	1-5 minutes	6-10 minutes	7-15 minutes	>15 minutes
0	4	10	14	20

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

NIL	1-5 minutes	6-10 minutes	7-15 minutes	>15 minutes
0	2	5	7	10

TOTAL SCORE (_____ /100) = _____ %

