BANFF PATELLOFEMORAL INSTABILITY INSTRUMENT 2.0
A QUALITY OF LIFE SCORE FOR PATIENTS WITH PATELLOFEMORAL INSTABILITY

Patient Name (first / last): ________________________________________________
Date of Visit (day / month / year): _______________________________________

Your Surgeon’s Name: Which knee are you being seen for today? This visit is your:

- Left Knee
- Right Knee
- Both Knees
- First Consult / Exam
- Day of Surgery
- 3 Months postop
- 6 Months postop
- 12 Months postop
- 24 Months postop

DIRECTIONS

Please answer each question with respect to the current status, function, circumstances and beliefs surrounding your knee that has an unstable kneecap. Consider the last three months.

Indicate with a slash ( / ) on the line, the point ranging from 0 to 100 which most closely represents your situation.

For example, the following question:

Is this a good questionnaire?

0 Useless 100 Fantastic

If the slash is placed in the middle of the line, this indicates that the questionnaire is of average quality, or in other words, between the extremes of ‘useless’ and ‘fantastic’. It is important to put your slash at either end of the line if the extreme descriptions accurately reflect your situation.
SECTION A: SYMPTOMS AND PHYSICAL COMPLAINTS

1. How troubled are you by “popping-out” or instability of your kneecap?
   0 .................................................................................. 100
   Extremely troubled.............................................................................. Not troubled at all

2. How much pain or discomfort do you get in your knee with any kind of prolonged activity (greater than half an hour)? For example: standing, walking, sports, etc.
   0 .................................................................................. 100
   Severe pain.................................................................................. No pain at all

3. How much pain or discomfort do you get in your knee with prolonged sitting (greater than half an hour)? For example: movies, driving, etc.
   0 .................................................................................. 100
   Severe pain.................................................................................. No pain at all

4. Do you have any loss of motion of your knee?
   0 .................................................................................. 100
   Severe loss of motion.................................................................. No loss of motion

5. How weak does your knee feel?
   0 .................................................................................. 100
   Extremely weak.......................................................................... Not weak at all

SECTION B: WORK AND/OR SCHOOL RELATED CONCERNS

**If you are not working due to your knee, make a slash on the extreme left-hand side of the line for each. **

6. How much difficulty do you have because of your knee with turning or pivoting motions at work and/or school?
   0 .................................................................................. 100
   Severe difficulty.......................................................................... No difficulty at all
7. How much difficulty do you have with squatting at work and/or school?

0  .................................................................................................................. 100
Severe difficulty

No difficulty at all

8. How much of a concern is it for you to miss time from work and/or school because of your knee problem?

0  .................................................................................................................. 100
Extreme concern

No concern at all

9. Has the cost of your knee injury created financial hardship for you or your family?

0  .................................................................................................................. 100
Severe financial hardship

No financial hardship at all

SECTION C: RECREATION / SPORT / ACTIVITY

10. How concerned are you that your recreational and/or sport activities could make your knee worse?

0  .................................................................................................................. 100
Extremely concerned

Not concerned at all

11. Do you have to participate in recreational and/or sport activities with caution?

(Make a slash at the extreme left i.e. 0, if you are unable to participate in your recreational and/or sport activities because of your knee).

0  .................................................................................................................. 100
Always with caution

Never with caution

12. How fearful are you of your knee “popping-out” when participating in your recreational and/or sport activities?

(Make a slash at the extreme left i.e. 0, if you are unable to participate in your recreational and/or sport activities because of your knee).

0  .................................................................................................................. 100
Extremely fearful

Not fearful at all
13. How concerned are you with walking on uneven ground, a wet surface or walking on ice?

0 ......................................................................................................................... 100
Extremely concerned  Not concerned at all

14. Are you able to give your full effort in your recreational and/or sport activities?
(Make a slash at the extreme left i.e. 0, if you are unable to participate in your recreational and/or sport activities because of your knee).

0 ......................................................................................................................... 100
Never able  Always able

SECTION D: LIFESTYLE

15. How concerned are you with general safety issues because of your knee problem? For example: walking up or down stairs, driving, or carrying small children, etc.

0 ......................................................................................................................... 100
Extremely concerned  Not concerned at all

16. How much has your ability to exercise and maintain fitness been limited by your knee problem?

0 ......................................................................................................................... 100
Totally limited  Not limited at all

17. How much has your enjoyment of life been limited by your knee problem?

0 ......................................................................................................................... 100
Totally limited  Not limited at all

18. Do you avoid lifestyle activities with family and/or friends because of your knee problem?

0 ......................................................................................................................... 100
Always avoid  Never avoid
19. Do you have to plan out your lifestyle and social activities more than your family and/or friends because of your knee problem?

0 Always have to plan

100 Never have to plan

SECTION E: SOCIAL AND EMOTIONAL

20. Are you frustrated that your recreational or competitive needs are no longer being met because of your knee problem?

(Make a slash at the extreme right i.e. 100, if your competitive needs are being met. Make a slash at the extreme left i.e. 0 if you do not have any competitive needs).

0 Extremely frustrated

100 Not frustrated at all

21. Have you had difficulty being able to emotionally cope with your knee problem?

0 Extreme difficulty

100 No difficulty at all

22. How often are you nervous about your knee?

0 Always nervous

100 Never nervous

23. How fearful are you of re-injuring your knee?

0 Extremely fearful

100 Not fearful at all

Thank you for completing this questionnaire.