

Questionnaire – is this the right programme for me?

IMPORTANT – READ CAREFULLY AND IN FULL BEFORE COMPLETING THIS PROGRAMME.

- **Do you have any unstable medical conditions?**
- **Does your knee(s) lock (get stuck in one position with an inability to straighten or bend)?**
 - Often you will need a medical professional to help unlock the knee with true locking.
- **Does your knee(s) give way (collapse underneath you without warning and cause you to fall/nearly fall)?**
- **Does your knee(s) swell up abnormally?**
- **Is it difficult to weight-bare through the knee(s)?**
- **Have you had major surgery on your knee in the past?**
- **Do you have any unexplained weight-loss/night sweats/feverish symptoms?**
- **Do you have a large restriction/blocked movement in the knee(s)?**
 - Are you unable to bend your knee lying on your back that your heel is touching your bottom, or close to touching your bottom? (you can use your hands/a towel to gently pull the heel in)
- **Do you have any other joint pain significant enough to stop/limit you from doing the activities you want to be doing?**
- **Do you have a very high temperature, feel hot and shivery, and have redness or heat around the knee?**
 - **This can be a sign of infection.**
- **Are you generally fit, active and well (or were you prior to your knee pain/injury)?**
- **Are you accustomed to regular exercise routines/regimes?**
- **Are you over the age of 18**
- **Does your knee(s) limit your activity/fitness levels or quality of life?**
- **Does your knee(s) stop you from increasing or pushing your running/activity levels?**
- **Have you had issues in the last year in or around the knee(s)?**
- **Have you ever dislocated your knee cap(s)?**
- **Have you ever had trauma to your knee(s)?**
- **Does your knee(s) swell up abnormally?**
- **Would you like to improve your general fitness whilst improving your knee pain?**
- **Do you suffer with pain or difficulty with any of the following?**
 - Sitting for a long time
 - Going up Stairs
 - Going downstairs
 - Squatting
 - Standing for long periods
 - Walking on a level surface
 - Getting out of a chair
 - Kneeling
 - Walking on uneven ground
 - Walking downhill
 - Walking uphill
 - Jumping
 - Hopping
 - Running

Why are you asking these questions?

When treating the knee it is important to first rule out any serious injury or injuries. The above questions help us to rule out serious injury and work out if this will be a good fit for you. This programme is designed to help active people with knee pain/irritation who do not have a serious injury/pathology.

If you:

- Answered YES to any of the red questions, this programme should not be attempted until you have been thoroughly assessed by a qualified professional and you must check with them before commencing this programme.
- Answered NO to any of the ORANGE questions, you must check with your GP before commencing this programme.
- Answered NO to the Red questions, YES to the Orange questions, and YES to any of the green questions, this programme has been carefully designed to improve your pain, boost your performance levels and enhance your quality of life!

If you are unsure, always consult with a qualified professional before commencing this programme. If any of the above questions become applicable at any point before, during or after commencing the programme, you must seek assessment from a qualified practitioner before continuing.