

Functional Assessment in the Cincinnati Knee Rating System

Overview: The Cincinnati Knee Rating System includes a functional assessment based on 6 abilities important for participation in sports. This can help evaluate change following surgery or other intervention. The authors are from the Cincinnati Sportsmedicine Center and Deaconess Hospital in Cincinnati Ohio.

Functional measures:

- (1) walking
- (2) using stairs
- (3) squatting and kneeling
- (4) straight running
- (5) jumping and landing
- (6) hard twists cuts and pivots

Measure	Ability	Points
walking	normal unlimited	40
	some limitations	30
	only 3-4 blocks possible	20
	less than 1 block possible	0
stairs	normal unlimited	40
	some limitations	30
	only 11 – 30 steps possible	20
	only 1 – 10 steps possible	0
squatting and kneeling	normal unlimited	40
	some limitations	30
	only 6 – 10 possible	20
	only 0 – 5 possible	0
straight running	full competitive	100
	some limitations guarding	80
	half-speed definite limitations	60
	not able	40
jumping and landing	fully competitive	100

	some limitations guarding	80
	half-speed definite limitations	60
	not able	40
hard twists cuts pivots	fully competitive	100
	some limitations guarding	80
	half-speed definite limitations	60
	not able	40

functional assessment score = SUM(points for all 6 activities)

Interpretation:

- minimum score: 120
- maximum score: 420
- The goal is to have the highest possible function in each of the 6 categories.

References:

Barber-Westin SD Noyes FR. Assessment of sports participation levels following knee injuries. Sports Med. 1999; 28: 1-10.

Noyes FR Barber SD Mooar LA. A rationale for assessing sports activity levels and limitations in knee disorders. Clin Orthopaedics and Related Research. 1989; 246: 238-249. Table 5 page 242.