

## VISA-P Questionnaire

Name: \_\_\_\_\_ Date: \_\_\_\_\_

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

0 Minutes            100 Minutes      Points

0   1   2   3   4   5   6   7   8   9   10

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

**Strong Severe Pain**            **No Pain**      Points

0   1   2   3   4   5   6   7   8   9   10

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

**Strong Severe Pain**            **No Pain**      Points

0   1   2   3   4   5   6   7   8   9   10

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

**Strong Severe Pain**            **No Pain**      Points

0   1   2   3   4   5   6   7   8   9   10

5. Do you have problems squatting?

**Unable**            **No Problems**      Points

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?

<b>Strong Severe Pain/ Unable</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>No Pain</b>	<b>Points</b> <input type="checkbox"/>
	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>		

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 **question 8a** only.
- If you have pain while undertaking sport but it does not stop you from completing the activity, please complete **question 8b** only.
- If you have pain that stops you from completing sporting activities, please complete **question 8c** only.

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

<b>NIL</b>	<b>1-5 min</b>	<b>6-10 min</b>	<b>7-15 min</b>	<b>&gt;15 min</b>	<b>Points</b> <input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>0</b>	<b>7</b>	<b>14</b>	<b>21</b>	<b>30</b>	

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?

<b>NIL</b>	<b>1-5 min</b>	<b>6-10 min</b>	<b>7-15 min</b>	<b>&gt;15 min</b>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Points</b> <input type="checkbox"/>
<b>0</b>	<b>4</b>	<b>10</b>	<b>14</b>	<b>20</b>	

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

<b>NIL</b>	<b>1-5 min</b>	<b>6-10 min</b>	<b>7-15 min</b>	<b>&gt;15 min</b>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Points</b> <input type="checkbox"/>
<b>0</b>	<b>2</b>	<b>5</b>	<b>7</b>	<b>10</b>	

**Total VISA Score:** \_\_\_\_\_

Reference:

Visentini, P. J., Khan, K. M., Cook, J. L., Kiss, Z. S., Harcourt, P. R., & Wark, J. D. (1998). The VISA score: An index of severity of symptoms in patients with jumper's knee (patellar tendinosis). *Journal of science and medicine in sport*, 1(1), 22–28. doi:10.1016/s1440-2440(98)80005-4

Visentini, P. J., Khan, K. M., Cook, J. L., Kiss, Z. S., Harcourt, P. R., & Wark, J. D. (1998). *Victorian Institute of Sport Assessment-Patella (VISA-P) Questionnaire* [Measurement Instrument]. Retrieved from <https://www.ouh.nhs.uk/oxsport/information/documents/TheVISAscore.pdf>