

Knee Pain Self-Assessment Score Guide

A practical guide by Dr. Anupam Khandelwal for patients comparing knee pain severity, treatment choices, and next steps.

Use this guide after completing the Knee Pain Questionnaire.

- Note your pain score, walking capacity, stair difficulty, swelling, deformity, locking, and night pain.
- Bring your X-rays, MRI if available, medicine list, and previous injection or physiotherapy records.
- Do not decide surgery by pain score alone. Examination and imaging are essential.

Score pattern	What it may suggest	Practical next step
Mild pain	Early strain, minor cartilage irritation, early arthritis, or activity-related pain.	Start activity changes, physiotherapy, weight control, footwear correction, and review if pain persists.
Moderate pain	Ongoing arthritis, meniscus problem, ligament issue, or inflammation affecting daily routine.	Meet an orthopedic surgeon for examination, X-ray, and treatment planning. Injection or arthroscopy may be discussed.
Severe pain	Advanced arthritis, deformity, major cartilage loss, or severe functional limitation.	Discuss full treatment options including knee replacement if walking, stairs, sleep, or daily life are badly affected.
Urgent signs	Fever, sudden swelling, inability to bear weight, trauma, redness, calf swelling, or severe night pain.	Seek urgent medical review. These symptoms should not wait for routine appointment timing.

Questions to answer before consultation

- How long have you had pain: days, months, or years?
- Can you climb stairs, sit cross-legged, use an Indian toilet, or walk 500 meters?
- Is the pain inside the knee, outside the knee, front of the knee, or behind the knee?
- Have medicines, physiotherapy, braces, or injections helped previously?
- Do you have diabetes, heart disease, blood thinner use, kidney disease, or previous surgery?

Treatment choices commonly discussed

Option	Usually useful when	Important note
Physiotherapy	Muscle weakness, early arthritis, stiffness, poor balance.	Works best when exercises are done consistently.
Medicines	Short flare of pain or inflammation.	Long-term painkiller use needs medical supervision.
Joint injections	Mild to moderate arthritis or flare-ups where surgery is not yet required.	Type of injection depends on diagnosis and X-ray stage.
Arthroscopy	Selected meniscus, ligament, or loose body problems.	Not suitable for all arthritis pain.
Knee replacement	Advanced arthritis with major pain, deformity, and reduced daily life.	Best results come from correct timing, good planning, and rehabilitation.

When to call AKJC

- Pain is affecting walking, work, sleep, stairs, or independence.
- You have been advised surgery and want a second opinion.
- You want to know whether injections, arthroscopy, or replacement is more suitable.
- You are travelling from another city and need coordinated consultation and treatment planning.

Book consultation: +91-8818814030 | Vishesh Jupiter Hospital, Bengali Square, Annapurna Road - Indore

Disclaimer: This guide is for patient education only. Treatment decisions require clinical examination, imaging, and direct medical advice.