## Knee injury and Osteoarthritis Outcome Score (KOOS) *Patient Reported Measure*

<table>
<thead>
<tr>
<th>Considerations</th>
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<td><strong>Which type of TJA is it appropriate for?</strong></td>
<td>TKA</td>
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| **What part of the TJA continuum is it appropriate for?** | Pre-op  
Post-acute  
Active Living |
| **What domain(s) does it measure within the ICF?** | Body function, Activity |
| **Who completes it?** | Patient |
| **What does it measure?** | 42-item tool that assesses pain, symptoms, function in daily living (ADL), function in sport and recreation (Sport/Rec) and quality of life (QoL) over the past week.¹³ |
| **What equipment is required?** | Paper version: paper copy of KOOS, pen  
Electronic version: computer with internet access |
| **How long does it take?** | ~15-20 mins to complete and score⁴,⁵ |
| **How do I do it?** | Instructions available at www.koos.nu |
| **How good is it?** | **Validity:** Content - good for mild to mod OA treated operatively or non-operatively⁴; Construct – good, correlates with SF-36 subscales⁵,⁶  
**Reliability:** Test-retest - good to excellent¹,⁴,⁶  
**Responsiveness:** Able to detect changes in knee OA⁵; knee-related QoL subscale most responsive at 6 and 12 months post-TKA⁶  
**Floor/ceiling effects:** No or acceptable floor effects in mild or mod knee OA or ceiling effects in pre-op TKA⁶ but reports of floor effects in Sport/Rec for severe OA and ceiling effects for pain, Sport/Rec & QoL at 12 months post TKA⁵,⁶ |
| **How is it scored?** | Paper version: A spreadsheet for scoring is available at www.koos.nu Items scored from 0 to 4. Scores are summarized for each subscale and transformed to 0-100 scale.⁵ A total score is not recommended.¹,⁵  
Electronic version can be scored at: www.orthopaedicscore.com/scorepages/knee_injury_osteopaedic_outcome_score.html |
| **What do the results mean?** | Higher score = better. Score of 100 in each subscale = no knee-related problems, 0 = extreme problems¹,⁵  
MDC: for knee OA ranges from 13.4 in pain subscale to 21.1 in QoL⁵  
MCID: 8-10⁷ however, research is ongoing¹  
Normative data stratified by age and gender: www.biomedcentral.com/1471-2474/7/38/figure/F2 |
Where can I get it?

Paper version: [www.koos.nu/](http://www.koos.nu/)
Multiple languages versions available. A 7-item short version is available (KOOS-PS)

References

1. Website with users guide: [www.koos.nu/](http://www.koos.nu/)