

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 Pain **No Pain** **Points**
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 Pain **No Pain** **Points**
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 Pain **No Pain** **Points**
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?

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

7. Are you currently undertaking sport or other physical activity?

0	<input type="checkbox"/>	Not at all
4	<input type="checkbox"/>	Modified training ± modified competition
7	<input type="checkbox"/>	Full training ± competition but not at same level as when symptoms began
10	<input type="checkbox"/>	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?

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

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?

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

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

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

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>