

## Questionnaire – is this the right programme for me?

- **Any unstable medical conditions?**
- **Does your knee(s) lock (get stuck in one position with an inability to straighten or bend. Often you will need a medical professional to help unlock the knee with true locking.**
- **Does your knee(s) give way (collapse underneath you without warning and cause you to fall)?**
- **Does your knee swell up abnormally?**
- Can you flex (bend) your knee so your heel touches or is close to touching your bottom?
- Do your knees limit your activity/fitness levels or quality of life?
- Have you had issues in the last year in or around the knee?
- Have you ever dislocated your knee cap?
- Have you ever had trauma to your knee?
- Does your knee swell up abnormally?
- Do you regularly exercise, or would you like to get fitter?
- Do you suffer with pain or difficulty with any of the following?
  - Sitting for a long time
  - Going up Stairs
  - Going downstairs
  - Squatting
  - Standing for long periods
  - Walking on a level surface
  - Getting out of a chair
  - Kneeling
  - Walking on uneven ground
  - Walking downhill
  - Walking uphill
  - Jumping
  - Hopping
  - Running

**If you answered YES to any of the red questions, please check with your GP before commencing any programme.**

**If you answered YES to any of the green questions, this programme will improve your pain, boost your performance levels, reduce your pain and enhance your quality of life!**