

## **Knee Health Quiz**

A simple knee comfort & movement self-check

### **Instructions:**

Answer based on what you usually notice with your knees over the past week. Choose the number that feels closest to your experience.



### **Scale:**

0 = Never

1 = Rarely

2 = Sometimes

3 = Often

4 = Almost always

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**Next page: answer the 8 questions.**

## **Section A – Knee Discomfort**

1. How often do your knees feel uncomfortable when walking on flat ground?
2. How often do your knees bother you when going up or down stairs?
3. Do your knees feel uncomfortable at night or when resting?

## **Section B – Stiffness**

1. Do your knees feel stiff when you first wake up?
2. Do your knees feel stiff after sitting or resting for a while?

## **Section C – Daily Movement**

1. Do your knees make it harder to bend, kneel, or squat?
2. Do you avoid certain activities because your knees feel uncomfortable?
3. How difficult is it for you to walk for 10–15 minutes without stopping?

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Add up your total score, then go to the next page.

## Score + Result Links

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Add the numbers from all 8 questions.

Your total score will be between **0 and 32**.

Choose the result that matches your score:

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**● 0–8 points: Mild Result**

[Click here to read your result](#)

**● 9–18 points: Moderate Result**

[Click here to read your result](#)

**● 19–32 points: Higher Concern Result**

[Click here to read your result](#)

### **Small note:**

This quiz is for education and personal reflection only. It is not medical advice or a diagnosis.