ACL-RSI

Name_							Dat	:e				
Instructi	ions: Pla	исе а т	ark on t	he line,	which l	best des	<u>cribes y</u>	ou in re	elation i	to the d	escriptors.	
1.A	re you c	onfider	nt that y	you can	perfor	m at yo	our pre	vious le	evel of s	port pa	rticipation?	
	Not at a confide									C	Fully onfident	
	0	10	□ 20	□ 30	□ 40	□ 50	□ 60	□ 70	□ 80	□ 90	□ 100	
2. De	o you th	ink you	ı are lik	kely to 1	re-injuı	y your	knee b	y parti	cipatin	g in you	ır sport?	
	Extremely likely								N	Not likely at all		
	0	10	□ 20	□ 30	□ 40	□ 50	□ 60	□ 70	□ 80	□ 90	□ 100	
3.A1	re you n	ervous	about 1	playing	your s	port?						
	Extremely nervous									Not	nervous at all	
	0	10	□ 20	□ 30	□ 40	□ 50	□ 60	□ 70	□ 80	□ 90	□ 100	
4. Aı	re you c	onfider	nt that y	your kn	ee will	not giv	e way b	y playi	ing you	r sport	?	
	Not at a confide									Fully confident		
	0	10	□ 20	□ 30	□ 40	□ 50	□ 60	□ 70	□ 80	□ 90	□ 100	
5. Aı	re you c	onfider	nt that y	you cou	ld play	your s	port wi	thout c	oncern	for you	ır knee?	
	Not at a confide									C	Fully onfident	
	0	□ 10	□ 20	□ 30	□ 40	□ 50	□ 60	□ 70	□ 80	□ 90	□ 100	
6. De	o you fir	ıd it frı	ustratin	g to ha	ve to co	onsider	your k	nee wit	h respe	ect to yo	our sport?	
	Extremely frustrating									Not at all frustrating		
		10	20	□ 30	40	50	□ 60	70	80	00	100	

7.Aı	re you fe	earful o	of re-inj	juring y	your kn	ee by p	laying	your sp	ort?		
	Extreme fearful	ely									No fear at all
	0	10	20	30	40	50	60	70	80	90	100
8. Aı	re you co	onfider	nt abou	t your l	knee ho	lding u	p unde	r pressi	ıre?		
	Not at a confider									c	Fully confident
	0	10	20	30	40	50	60	70	80	90	100
9.A1	re you a	fraid o	f accide	entally i	injurin	g your l	knee by	playin	g your	sport?	
	Extreme afraid	ely								:	Not at all afraid
		10	□ 20					70			100
	0	10	20	30	40	50	60	70	80	90	100
	-		_	to go tl	hrough	surger	y and r	ehabili	tation p	revent	t you fron
	Do thougolaying y		_	to go tl	hrough	surger	y and r	ehabili	tation p	revent	t you fron
	-	your sp	_	to go tl	hrough	surger	y and r	ehabili [.]	tation p		None of the time
	olaying y All of	your sp	_	to go th	hrough □	surger	y and r □	ehabili □	tation p		None of
	All of the time	your sp	ort?		_				_		None of the time
I	All of the time	your sp	port?	30	□ 40	□ 50	□ 60	□ 70	□ 80	90	None of the time
I	All of the time	your sp	port?	30	□ 40	□ 50	□ 60	□ 70	□ 80	□ 90 rt?	None of the time
I	All of the time 0 Are you Not at a	your sp	port?	30	□ 40	□ 50	□ 60	□ 70	□ 80	□ 90 rt?	None of the time 100 Fully
I	All of the time 0 Are you Not at a confider	your sp	oort? 20 ent abo	□ 30 ut your	□ 40 • ability	□ 50 to perf	□ 60 form w	□ 70 ell at y o	□ 80 our spo	90 rt?	None of the time 100 Fully confident
11. 4	All of the time 0 Are you Not at a confider	your sp	oort? 20 ent abo	□ 30 ut your □ 30	□ 40 • ability □ 40	□ 50 * to perf	□ 60 form w (□ 60	□ 70 ell at y o	□ 80 our spo	□ 90 rt?	None of the time 100 Fully confident
11. 4	All of the time 0 Are you Not at a confider 0	confident	oort? 20 ent abo	□ 30 ut your □ 30	□ 40 • ability □ 40	□ 50 * to perf	□ 60 form w (□ 60	□ 70 ell at y o	□ 80 our spo	□ 90 rt?	None of the time 100 Fully confident
11. 4	Are you Not at a confider 0 Not at a	confident	oort? 20 ent abo	□ 30 ut your □ 30	□ 40 • ability □ 40	□ 50 * to perf	□ 60 form w (□ 60	□ 70 ell at y o	□ 80 our spo	□ 90 rt?	None of the time 100 Fully confident 100 Fully