

***ACLRSI* - Anterior Cruciate Ligament – Return to Sport after Injury**

Instructions:

Rate the following questions on a scale of 0-10, with 0 being extremely and 10 not at all.

1. Are you nervous about playing your sport?

Extremely

[illegible]

2. Do you find it frustrating to have to consider your knee with respect to your sport?

Extremely

Not at all 0 1 2 3 4 5 6 7 8 9 10

3. Do you feel relaxed about playing your sport?

Extremely

[illegible]

4. Are you fearful of re-injuring your knee by playing your sport?

Extremely

[illegible]

5. Are you afraid of accidentally injuring your knee by playing sport?

Extremely

Not at all 0 1 2 3 4 5 6 7 8 9 10

6. Are you confident that your knee will not give way by playing sport?

Extremely

[illegible]

7. Are you confident that you could play your sport without concern for your knee?

Not at all 0 1 2 3 4 5 6 7 8 9 10 Extremely

8. Are you confident about your knee holding up under pressure?

Not at all 0 1 2 3 4 5 6 7 8 9 10 Extremely

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9. Are you confident that you can perform at your previous level of sport participation?

Not at all 0 1 2 3 4 5 6 7 8 9 10 Extremely

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10. Are you confident about your ability to perform well at your sport?

Not at all 0 1 2 3 4 5 6 7 8 9 10 Extremely

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11. Do you think you are likely to re-injure your knee by participating in your sport?

Not at all 0 1 2 3 4 5 6 7 8 9 10 Extremely

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12. Do thoughts of having to go through surgery and rehabilitation again prevent you from playing your sport?

Not at all 0 1 2 3 4 5 6 7 8 9 10 Extremely

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Score ACL-RSI (Total x 100) / 120 = _____ %