Instructions: “For this procedure, we will ask you to step fully up and down onto this step a total of 24 times. You will step up first with your leg that has worse knee pain, then bring your other leg up on top of the step, then step down one foot at a time, leading with the same foot you used to step up. The next step up will be with your other leg. You will do 12 steps with each leg, alternating the lead leg, for an overall total of 24 steps. Please use your normal stepping motion for this task. If you can, please continue straight through without stopping. We will ask you to rate the pain in your knees before and after the test.”

1. Was Stair Evoked Pain Assessment Performed?

\_1 Yes \_0 No

1a. If no, reason not performed: \_\_\_\_\_\_

2. Baseline Seated Pain Rating Left Knee

Mark the response

\_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

No pain Worst possible pain

3. Baseline Seated Pain Rating Right Knee

Mark the response

\_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

No pain Worst possible pain

**Step Procedure**

4. Time to complete stepping procedure (seconds): \_\_\_\_\_  
*Entered by tester*

4a. Was a stabilization device (e.g., back of a chair) used: \_1 Yes \_0 No

4b. 24 steps completed? \_1 Yes \_0 No

4c. (if no) Number steps completed? \_\_\_\_\_

5. Post-Stepping Seated Pain Rating Left Knee

Mark the response

\_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

No pain Worst possible pain

6. Post-Stepping Seated Pain Rating Right Knee

Mark the response

\_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

No pain Worst possible pain

7. Maximum Recalled Pain Rating Left Knee

Mark the response.

\_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

No pain Worst possible pain

8. Maximum Recalled Pain Right Knee

Mark the response.

\_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

No pain Worst possible pain

Notes:

This procedure consists of stepping fully up and down onto an 8 in. high platform with both feet a total of 24 times. The platform should be placed on a hard surface, which minimizes potential for slipping. Subjects should start with the “index” leg, and then the lead leg is alternated between each up/down cycle. The research coordinator will time the task with a stopwatch and count the steps (12 with each leg, for an overall total of 24 steps). Subjects are instructed to use their normal gait for completing this task and are encouraged to complete the task despite increasing pain, without stopping if possible. Subjects will be encouraged to complete the task without the use of a stabilization device (guard rail or the back of a chair); however, if the subject requests the use of a stabilizing device it will be provided. The procedure is timed, and current knee pain intensity on a 0-10 Numeric Rating Scale (NRS) is assessed in each knee immediately before and following the procedure while the subject is in a seated, resting position. After providing the final rating of current knee pain following the task, the subject will then rate her maximum recalled knee pain during the stepping task (overall, subjects provide 6 ratings: current left and right knee pain before the test, current left and right knee pain immediately after the test, and maximum recalled left and right knee pain during the test). The research assistant will record the amount of time (in seconds) taken to complete the stepping procedure. If the subject stops during the task, they will be encouraged to continue after 10 seconds.

Reference: Not applicable