

# DATA COLLECTION SHEET

## STUDY TITLE:

Synergetic effects of low-energy laser and exercise on pain, kinesophobia, disability, and quality of life in adolescents with patellofemoral pain syndrome

PARTICIPANT ID: \_\_\_\_\_

VISIT/TIMEPOINT: ☐ BASELINE    ☐ POST-INTERVENTION

☐ OTHER: \_\_\_\_\_

DATE OF ASSESSMENT: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

## SECTION 1: BASELINE CHARACTERISTICS

|                               |                                                                                            |
|-------------------------------|--------------------------------------------------------------------------------------------|
| Age (years)                   | _____                                                                                      |
| Sex                           | <input type="checkbox"/> Male <input type="checkbox"/> Female                              |
| Weight (kg)                   | _____                                                                                      |
| Height (m)                    | _____                                                                                      |
| BMI (kg/m <sup>2</sup> )      | _____                                                                                      |
| Affected Knee                 | <input type="checkbox"/> Right <input type="checkbox"/> Left <input type="checkbox"/> Both |
| Duration of Symptoms (Months) | _____                                                                                      |
| Previous Physical Therapy?    | <input type="checkbox"/> Yes <input type="checkbox"/> No                                   |
| Previous Knee Surgery?        | <input type="checkbox"/> Yes <input type="checkbox"/> No                                   |
| Current Sports/Activities     | _____                                                                                      |
| Medications                   | _____                                                                                      |

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## SECTION 2: OUTCOME MEASURES

*Instructions:* Complete all sections below at both time points.

**Pre-Intervention Date:** \_\_\_/\_\_\_/\_\_\_ | **Post-Intervention Date:** \_\_\_/\_\_\_/\_\_\_

| Outcome Domain           | Measure                                                                                            | Pre-Intervention | Post-Intervention |
|--------------------------|----------------------------------------------------------------------------------------------------|------------------|-------------------|
| 1. Pain Intensity        | <b>Numerical Pain Rating Scale (NPRS)</b><br>(0-10 ; 0="NO PAIN", 10="WOREST PAIN<br>IMAGINABLE")  | Pre Score: _____ | Post Score: _____ |
| 2. Kinesophobia          | <b>Tampa Scale of Kinesophobia (TSK)</b><br>(17 ITEMS; TOTAL SCORE: 17-68)                         | Pre Score: _____ | Post Score: _____ |
| 3. Disability / Function | <b>Patellofemoral Disability Index (PFDI) - Subscales</b><br>(10 ITEMS; MAXIMUM SCORE: ___/50)     | Pre Score: _____ | Post Score: _____ |
| 4. Quality of Life       | <b>Arabic MOS 36-Item Short Form Health Survey (SF-36)</b><br>(8 DOMAINS; AVERAAGE SCORE: ___/100) | Pre Score: _____ | Post Score: _____ |